

*A Study on
Tung's Acupuncture
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How to tell one is a qualified acupuncturist

Medical skills are taken as an important element in determining a good acupuncturist. If you want to make a clear judgment of a qualified acupuncturist, the following criteria must be observed.

Fewer points selected:

The more brilliant the herbalist, the fewer medicinal herbs they administer. It is the same with acupuncturists; the more qualified they are, the fewer the points they select. It shows they know both the specific effect of the points and are confident. According to early physicians one treatment consisted of two main points with two adjunct points selected. When acupuncture is applied to both sides then eight points are selected to the maximum on an average. If you frequently select more than eight points in one treatment, then some points may be useless.

Careful selection of points:

There are over one thousand points on the body, but only a few dozen are frequently used. If every one were selected, one would never know the property of the individual points. In ancient acupuncture prescriptions, over 50% of those specific points were frequently used. In the *MaDanYangTianXing* twelve points (an ancient acupuncture book), only twelve points were alternately selected to deal with various problems. From above, we can see that there is something to recommend from the clinical experience of past acupuncturists. Any point can be adjusted in two ways. Clinically, we must adhere to the principle that many problems can be solved by only needling one point. When we have a thorough command of the property of points, we can minimize the number of needles. In the past three hundred thousand patients, I have generally selected from about twenty points. In one day I often treated several dozen patients, used 3-4 points for each, and in total, less than 30 points were selected with great results seen as well.

Needling not applied or never applied to the diseased site:

If one always gives acupuncture to the painful spot, it is equivalent to a nurse giving an injection. The only difference is that syringe needle is replaced by an acupuncture needle. In such a case, he is an acupuncture nurse rather than an acupuncturist. Even though our predecessors selected *Ashi* points (tender spots), the *Ashi* points were selected based on the following conditions:

1. It was an excess syndrome
2. It was an uncomplicated case
3. The problem was characterized by pain

This method of pain-point needling still adheres to the theory of channels and treatment. TCM is not only a branch of medicine, but it is also a kind of healing art that is different from allopathic medicine, which advocates treating symptoms but not the disease. Chinese medicine may achieve the same result by searching for and treating the primary cause of disease in treatment. As pointed out in the *BiaoYouFu* (an Acupuncture writing), "Points contra lateral to the side of the body with the disorder are needled; a draining method is applied...acupuncture is given to the foot when the head has disease". Distant needling is given in most cases, but based on differentiation of syndromes. Otherwise, the effect is not satisfactory.

Instant results for emergency and painful cases

Acupuncture has been applied in emergency and painful cases for a long time. It is easy and safe to use, and characterized by quick response. There are many case studies discussing acupuncture therapy for cerebral hemorrhage, shock, coma, acute abdominal pain, acute pain and strain. When one has command of the property

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of points and has improved one's acupuncture skills, it is not difficult to have quick response. I have often rushed to hospitals to treat coma, acute pain and strain with great success. Every acupuncturist should master these skills.

Bloodletting and deep insertion of needles with long retention for protracted and complicated cases:

It is stated in the *Neijing* that, "Since one may become afflicted with a disease superficially or deeply, shallow or deep insertion of a needle becomes necessary." Many acupuncturists only give shallow needling for any problem and withdraw needle immediately after a few rotations. It may be effective for a recently occurring disease but it will likely be ineffective for protracted and complicated conditions. In protracted diseases, pathogenic factors have invaded deeply into the body and the body resistance becomes weak. Short retention and shallow puncture of the needle can never bring about good results. As to pain and spasmodic problems, experience tells us deep insertion and long needle retention will get good results. Therefore, shallow or deep puncture of needles should be based on the nature of the syndrome or physiology to avoid accidents. TCM says: "Blood stasis occurs in protracted, difficult and odd diseases", for which bloodletting is the best way to solve the problem. It is a pity that many doctors do not like to use bloodletting because the patients are afraid of it. If it is properly conducted, unimaginable effects can be seen. Some protracted diseases may be alleviated by acupuncture or herbal therapy, but a complete cure is impossible. Bloodletting can eliminate stasis and speed up the cure, especially in difficult or complicated cases when a patient fails to respond to various therapies. As to some acute diseases, the effect of bloodletting is far better than that of acupuncture. It is to some extent true that any acupuncturist who is not familiar with bloodletting cannot view as a proficient one.

The above conclusion has been reached in the light of my clinical experience over the past years and researching medical literature. It can be taken as the preliminary criteria in determining a proficient acupuncturist. Anyone who wants to be an acupuncturist or who is searching for acupuncture treatment may consult this article. Those who want to become qualified acupuncturists may draw inspiration from it. It is shown here to help encourage us in our endeavors.

Theoretical Applications of Tung's Extra Point 董氏奇穴之取用

Shadow and Venous Congestion 暗影及青筋

Shadows, a term used to denote darkest discoloration of the skin, are the manifestations on the skin of certain internal pathologies. When certain organs or channels harbor pathology, shadows often will manifest with discolorations on corresponding body parts, although they may be difficult to detect if they are not on the palms or face. Shadows are not only useful in diagnosing problems, but they also can show us effective areas to needle for treating the related pathology. Master Tung excelled in using this method of point selection, and it enabled him to create new therapeutic functions of points. For example, he used *ShuiJin* (1010.20) to treat coughing and asthma, because he says shadows in the area of *ShuiJin* when patients coughed. He also use *WuHu* (11.27) to treat hand and foot pain, and *ChongZi* (22.01) and *ChongXian* (22.02) to treat shoulder and back pain. 暗影有时亦可称之为发乌，亦系病变之一种反应，即当某脏腑或某经络有病变时，常常在某处发现暗影，一般而言，在手掌及面部较易出现，身体其它地方也会有此现象，不过较难发现而已，这种方法除了反应病变有助诊断外，并且有些可以以之施针发生治疗作用，此法董师甚为精通，以此形成固定治疗穴位，例如水金治咳喘，五虎穴治手脚痛，重子、重仙治肩背痛……等，就是此一方法之发挥。

This principle is intimately related to the principles used in Chinese pediatrics with the *SanGuan* diagnostic method of examining the child's middle finger to ascertain the child or infant's physical condition. This principle is mainly related to blood pressure in the veins. The higher the blood pressure in the veins, the more pronounced the shadow. Shadows can reflect relative deficiencies of oxygen in our bodies. The more severe the oxygen

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deficiency, the higher the content of carbon dioxide in the blood, and the more pronounced the shadow. The reflex areas vary, depending upon the various pressures of different organs. 此一法则与儿科三关诊断法之原理颇为接近，主要与静脉压有关，静脉压愈高，暗影越明显。它图以在某种程度上反映体内缺氧的程度，缺氧愈甚，血中还原血红蛋白量就愈高，青紫色的纹路(暗影)就越明显。由于各脏腑之压力不同，反应之部位亦不尽相同。

In other words, venous congestion reflects the degree of blood stagnation in the blood vessels. Based upon my experience, venous congestion is often seen in cardiac and respiratory disorders and *TongBi* (painful or cold) syndromes. The shape of these veins is extremely pronounced and the color is purplish blue; they are known as bluish tendon. This syndrome manifests frequently on *WeiZhong* (BL 40), *ChiZe* (LU 5), and the upper arm; the lateral aspect of the limbs and the thenar eminence; and the scapular and lower abdomen. 青筋相当于静脉曲张，据经验血压心脏病变及呼吸病变较为常见，其它病痹证亦可见及。这种静脉形状特别显著，颜色特别紫蓝，俗称「青筋」，此症多发生在委中、尺泽、臂上部；间或四肢外侧及鱼际、然谷部也有、更有发生在肠骨前沿及肩胛与腹壁的。

Shadows may manifest anywhere in the body. If ignored, this venous congestion may block the resolution of related diseases. When we treat shadows, patient's problem can typically be cured within one week to two months. 凡全身都可因此引起病患。若不注意此症，其所有患处则永不能根治；若能治此、其病患常在一两周后，最迟一两个月，不加治疗就霍然而愈。

In my experience, sometimes one treatment can resolve certain diseases. If not cured in the first treatment, often patients experience great relief after one treatment and are cured shortly thereafter. I recommend using a three-edged needle to bleed the *Luo* channels, allowing the dark, occluded blood to drain out. Repeat this treatment every five to six days until the venous congestion is gone. 据个人经验，有些病治疗一次，即有全愈者，一般经针治一次后即大见减轻，数次后，其病就根治。治疗时用三棱针刺破络脉，流出些黑血，每隔五六天再放一次，到脉管不一现瘀胀为止。董师亦常根据手掌及手指之青瘀部位诊断疾病，发展出独门之「董氏掌诊学」。

Microsystems (QuanXi) 全息

In Chinese medicine, heaven and humans unite as one. As our bodies are microsystems of the macrocosm, the world around us, so each area of the body can reflect the whole body. In other words, Chinese medicine is holographic in nature, with each body area reflecting the totality. 在中医天人合一学说中认为每一个局部均与全体相关，每一个局部均能反应全体，也皆能以之治疗全体，这就是全息论的观点。因此有掌针、眼针、耳针、足针、头针等多种针法的发明。当然最重要的是体针，体针虽以十四经络对应五脏六腑。但若将手臂足腿每一部皆再予区分，每一部份仍能各自治疗全身疾病。这种事实充分反映了人身整体相关。全息论的出现深化了中医学的整体观念，按生物全息论，人体任一支节都是整体的缩影。都有与整体相应的穴位，例咁第二掌骨侧，这里的穴位从指根向掌根歧骨，对应头、颈、上肢、肺、肝、胃、十二指肠、肾、腰、下腹、腿、足等各部位穴位，第五掌骨侧也有这样的对应。在各个节肢及其它较大的相对独立的部份中，都有着与第二掌骨侧相同的穴位分布规律，各节肢的各穴分布都遵循着与第二掌骨侧同一比例：头穴和足穴联机的中点是胃穴。胃穴与头穴联机的中点为肺穴。肺穴与头穴联机分为三等分，从头穴端算起的中间两个分点依次是颈穴和上肢穴。胃穴与足穴的联机分为六等分，从胃穴端算起的中间的五个分点依次是十二指肠穴、肾穴、腰穴、下腹穴和腿穴。上述穴位只是具有代表性的点，其它穴位可以以这些穴位为参考点得出。

The distribution of Master Tung's acupuncture points is based upon an understanding of holographic relationships and Microsystems. Master Tung emphasized the point that any body area could be used to treat illnesses of the whole body. He divided the body into 12 therapeutic sections, although he acknowledged that

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any section could treat diseases anywhere in the body. His understanding and application of Microsystems enables us to be highly creative in devising acupuncture treatments. Microsystems Correspondences are discussed in the article, "Further Explorations of Tung's Extra Points".

董氏奇穴的穴位分布与全息律亦有极相似之处，董师强调任一局部皆能治疗全身疾病，董师虽然将全身区分为十二治疗部位，但每一部位均可独立治疗全身疾病。临床施治时，常艺术化的由病人决定针手或脚而治疗病人。同类性质作用的穴道在手及脚皆有分布，例如指五金、手五金、足五金；指驷马、足驷马即是显例。再如一个穴组本身即常蕴有全息意味。例如灵骨、大白并用董师温阳补气要穴，治病之蟹，几乎全身无所不包，疗效之高，亦非其它穴位所可比拟。大白位置与三间相符，而贴近骨头，三间系大肠经俞穴，灵骨穴在合谷后又骨前，两穴合用涵盖俞原所经之处，若以全息律而论，大白主上焦，灵骨主下焦。又大白、灵骨皆以深针为主，又深透侧面之上、中、下三焦，因此不论纵横，此二针皆涵盖三焦，其效果之大，自是可知。再如五虎穴，自指尖向手掌，依序为五虎一、五虎二、五虎三、五虎四、五虎五。五虎穴董师原治全身骨肿。按此五穴之分布及主治本身即有全息意味，五虎一常用于治疗手指痛、手掌痛及腱鞘炎；五虎三用于治疗脚趾痛，(五虎二则用于加强五虎一、二之作用)；五虎四用于脚背痛；五虎五用于治疗脚跟痛。再如八八(大腿部位)七七(小腿部位)之一些主治全身病变的穴组，例如驷马上、中、下之治肺系疾病；天黄、明黄、其黄之肝系疾病；肾关、人皇、地皇之治肾系疾病。每一部位全息下点与另一全息上点相交之处，则上下病变皆能治疗。例如灵骨可治脚跟痛，也能治头晕。曲池能治头晕，也能治下部之膝盖痛。

董师的倒马针法常用两三针并列，虽说因并立加强了治疗作用，但何尝不是借着全息作用，全体互应的结果。尤其是八八部位三针并列的脏腑治疗系列，更与全息律有着不谋而合的关系。例如：治肺脏病的驷马上、中、下；治心脏病的通关、通山、通天；治肝脏病的明黄、天黄、其黄；治肾脏病的通肾、通胃，通背。就有上针治上部、中针治中部、下针治下部的作用。整体合用，全体照应，疗法当然突出。

Dui Yin or Correspondences 对应

Biao You Fu's poetry on Cross Channel Needling: *Treat problems on the left with points on the right. Treat local problems with distal points (to drain away the problem). Treat disorders on the head with points on the feet.* 标幽赋说：「交经缪刺，左有病而右畔取，泻络远针，头有病而脚上针。」董师善用上病下治，下病上治，左病针右，右病针左，绝不在局部针刺，其治病常采对应取穴，效果卓著。董师常用之对应取穴法有下列八种：

It is stated in the *Biao You Fu* (Versed Formula of Profound Acupuncture Therapy) that "Acupuncture applied to the healthy side while the opposite side is diseased is known as contra-lateral insertion. Another way is that when there are problems in the head, acupuncture is applied to the foot". Master Tung was good at the contra-lateral insertion of needles. For example, he treated diseases in the upper, lower, left or right part by managing the opposite. He never conducted acupuncture locally because he believed the correspondent selection of the points would improve the curative effect. Master Tung's correspondent needling technique includes the following aspects:

Selection of points on the same level: 等高对应

Acupuncture is performed on the opposite point at the same level of the tender spot. For instance, when pain is on the left *Qu Chi* (LI 11), the right *Qu Chi* (LI 11) is punctured; and vice versa. In the treatment of the internal disorders; we may discard the practice of needling the same points on both sides. In fact, different point on one side or both sides can be applied. 即在痛点对侧相等部位施针，左侧病痛可取右侧等高点，右侧病痛也可取左侧等高点，例如左曲池痛可针右曲池。这与物理学说之共振理论，有其相合之处，推广应用治疗内科病也可不采用双侧同穴针刺，而采用单侧或双侧异穴针刺。

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Same direction correspondence between the arm and leg: 手足顺对

Arrange the upper limb and lower limb in a line. Take the elbow and the knee as a correspondent pair. Other pairs are the shoulder and hip; upper arm and thigh; forearm and leg; hand and foot. When the hip is diseased, points on the shoulder [e.g. *JianZhong* (44.06)] is applied. When there are problems in the knees, *QuChi* (LI 11) or *ChiZe* (LU 5) is needled (*ZhouHouGe* – Rhymes of Prescriptions for Emergencies). Conversely, shoulder disorders can be treated by needling points on the hips; or elbow ailments are treated by needling points on the knee. I often perform acupuncture this way to treat ankle pain. It is a way of selecting points in light of this rule. 将上肢与下肢顺向并列，以肘对应膝为中心对应，可有下列对应：即肩对髋、上臂对大腿、肘对膝、下臂对小腿、手对脚。如髋有病可取肩部穴位(例：肩中穴)施治；膝部有病取曲池或尺泽(肘后歌)施治(反之 肩部有病也可取髋部穴位施治，肘部有病也可取膝部穴位施治)。个人常以五虎穴治脚趾痛，以小节穴治脚踝痛，即系此一对应之运用。

Opposite direction correspondence between arm and leg: 手足逆对

Arrange the upper and lower limbs in opposite directions. The part of opposite correspondence is as follows: They are shoulder and foot, upper arm and lower leg, elbow and knee, forearm and thigh, hand and hip. For example, if there are problems in the ankle, points on the shoulder are needled; and if the thigh is diseased, points on the forearm are punctured. Conversely, problems in the shoulder can be treated by needling points on the foot; or the problems of the forearm are treated by needling points on the thigh. Master Tung often performed acupuncture to *LingGu* (22.05) and *HouXi* (SI 3) to treat sciatica. I usually select *ZhiGou* (SJ 6) and *WaiGuan* (SJ 5) to treat aching or other kinds of pain of the thigh, which is consistent with this rule. 将上肢与下肢呈逆向排列，可有如下对应：即肩与足、上臂与小腿、肘与膝、下臂与大腿、手与髋。如足踝部有病可取肩部穴位治疗，大腿有病可取下臂穴位治疗(反之肩部有病可取足部穴施治，下臂有病也可取大腿穴施治)，董师常取手上灵骨、后溪等穴治疗坐骨神经痛，个人亦常取支沟、外关治大腿痛酸，均系此一原理之应用。

Same direction correspondence between the upper limbs and trunk: 手躯顺对法

In addition to a correspondence between the upper and lower limbs, there is a correspondence between the upper limbs and the trunk. Let the arms hang down naturally at the sides. The following pair of correspondence is obtained: the upper arm and chest (back) or upper abdomen, the elbow and umbilicus (lower back), the forearm and lower abdomen (lumbosacral area), and the hand and genitals. For instance, if there are problems in the lumbosacral portion or the lower abdomen, points on the forearm are selected. Problems in the forearm are treated by needling points on the lower abdomen or lumbosacral area. Master Tung followed this rule to treat hernia by needling *DaJian* (11.01), *XiaoJian* (11.02), *FuJian* (11.03), *WaiJian* (11.04) and *ZhongJian* (11.05). 上肢除与下肢有对应关系外，与躯干亦有对应关系，将上肢自然下垂与躯干呈顺向并列对置，则有如下对应：上臂与胸(或背)腕，肘与脐(腰)，下臂与下腹(腰骶)，手与阴部。如腰骶或下腹有病可取下臂穴位治疗，阴部病可取手部穴治疗(反之下臂病也可取下腹或腰骶部穴位施治)。董师以大间等五个间穴治疝气即与此一原理有关。

Opposite direction correspondence between the upper limb and trunk: 手躯逆对法

Arrange the upper limb and trunk in the opposite direction and the following pairs of correspondence is obtained. They are: the hand and wrist with the head and neck; the forearm with the chest, back or upper abdomen; the elbow with the lower back; the upper arm with the lower abdomen and lumbosacral area; and the shoulder with the genitals. Disorders of the chest and upper abdomen can be treated by needling points of the forearm. [For example, *NeiGuan* (PC 6), *HuoChuan* (33.04) and *HuoLing* (33.05) are selected to treat palpitation and stuffiness in the chest]. Acupuncture given to the upper arm treats problems of the chest, upper and lower

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abdomen. Also diseases on the forearm and upper arm are treated by needling points on the chest, upper and lower abdomen. Master Tung punctured *TianZong* (44.10) and *YunBai* (44.11) on the shoulder to treat vaginal problems and he used hand acupuncture (quite popular at the present) to treat head problems. 将上肢与躯干呈逆向并列，可有下列对应关系：即手(腕)与头(颈)，前臂与胸(背)腕，肘与(腰)上臂与下腹(或腰骶)，肩与阴部。如胸腕有病可取前臂穴位施治，下腹有病可取上臂穴位施治(反之前臂及上臂有病，亦可取胸腕及下腹穴位施治)。董师以肩部之天宗、云白等穴治妇科阴道病。目前流行之手针以手指治头部都与此一原理有关。

Same direction correspondence between the lower limb and trunk: 足躯顺对法

In addition to the same direction correspondence between the upper and lower limbs, there is a correspondence between the lower limb and trunk. Arrange the lower limb and the trunk in the same direction. The following pairs of correspondences are obtained. They are the thigh with the chest, back and upper abdomen; the knee with the umbilicus and lower back; the leg with the lower abdomen and lumbosacral portion; and the foot with the genitals. When there are problems in the chest or back, acupuncture can be applied to points on the thigh and needling points on the leg treats lower abdomen disorders. Conversely, if there are disorders in the thigh and leg, points on the chest or abdomen are selected. Clinically, *SiMaZhong* (88.17), *SiMaShang* (88.18) and *SiMaXia* (88.19) are usually needled to treat lung problems, and *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) are selected to deal with heart diseases. *MenJin* (66.05) is selected for dysmenorrhea, *DaDun* (LV 1) and *YinBai* (SP 1) for uterine bleeding; *FuLiu* (KI 7) for lumbosacral pain; and *SanYinJiao* (SP 6) for lower abdomen disorders. All of these fall under the guidance of this rule. 下肢除与上肢有对应关系外，与躯干亦有对应关系，肢与躯干顺向并列对置，则有如下对应：即大腿与胸(背)腕，膝与脐(腰)，小腿与下腹(腰骶)，足与阴部。如胸背有病可针大腿，下腹有病可针小腿，反之大腿及小腿有病，亦可在胸腹施治。临床常以内庭治经痛，大敦、隐白治崩漏，以及复溜治腰骶痛，三阴交治下腹病……等，其运用皆与此一原理相合。

Opposite direction correspondence between the lower limb and trunk: 足躯逆对法

Arrange the lower limb and trunk in the opposite direction and the following pairs of correspondence is obtained. They are: the foot with the head; the ankle with the nape; the leg with the chest, back and upper abdomen; the knee with the umbilicus and lower back; and the thigh with the lower abdomen and lumbosacral area. Points on the leg are needled when there are problems in the chest and upper abdomen. Problems in the lower abdomen can be relieved by needling points on the thigh and leg. Master Tung usually treated discomfort of the nape by needling *ZhengJin* (77.01) and *ZhengZong* (77.02), whereas I often apply acupuncture to *ZuLinQi* (GB 41) for migraine, *XianGu* (ST 43) for headache due to disturbance in the *YangMing* channel, and *ShuGu* (BL 65) for pain in the back of the head. All of these are consistent with this rule. 将下肢与躯干呈逆向排列，可有下列对应关系：即足与头、踝与颈项、小腿与胸(背)腕、膝与脐(腰)、大腿与下腹(腰骶)。如胸腕有病可针小腿，下腹有病可针大腿，反之胸腕及下腹亦能治大小腿病。临床常以临泣治偏头痛，陷谷治阳明头痛，束骨治后头痛。董师亦以正筋、正宗治颈项不适，都与此一对应法有关。

Same direction correspondence between the head and sacrum: 头骶对应法

Besides the same direction correspondence between the hand, foot and trunk, there is a correspondence between the head, face and sacrum. Clinically, *ChangQiang* (Du 1) is selected for mania and *BaiHui* (Du 20) is punctured for prolapse of the rectum. Master Tung tended to treat headache by needling *ChongXiao* (DT.17) which is also

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consistent with this rule. It was Master Tung's experience to select points on the left side to treat disorders on the right and vice versa. By using the principle of balance through selecting distal points, treatment were highly effective. 除了手与脚及手脚与躯干的对应外，头面与尾骶亦形成一种对应。例如临床以骶部之长强治癫狂之脑病；以头部之百会治疗脱肛就是常见的例子，董师亦常以冲霄穴治头痛，也是此一原理之运用。

The head and foot correspondence: 头足对应

The *BaiHui* (Du 20) point on the top of the head and the *YongQuan* (KI 1) on the bottom of the sole is a good example of top-bottom mirror correspondence. It is also called "Heaven Top vs. Earth Gate". This is why *YongQuan* can be applied for treating brain diseases and headache on the top of head. 头顶百会与脚底之涌泉也形成对应，即所谓「天顶对地门」，所以用涌泉治疗顶痛及脑部病变。

Anterior-posterior correspondence: 前后对应

The anterior part and posterior part of the human body also have mirror-correspondence relationship, such as chest-back, abdomen-waist & lower back, mouth-neck, etc. Master Tung often used *ZongShu* (1010.07) point on the neck to treat vomiting or feeble voice due to no strength of voicing. Another example is to use *ChengJiang* (Ren 24) for treating neck stiffness. 人身前后亦有对应关系，如胸背对应，腰腹对应，颈口对应等，董师常以颈部之总枢穴治发音无力，呕吐等，一般十四经穴则以承浆治项强，就是这种对应的应用。

Body Correspondence 体应

This system of correspondence is the most promising invention and application in Master Tung's approach. If we can grasp this principle well, not only can we perform acupuncture with Master Tung's extra points more effectively and profoundly, but we can also apply these ideas in our acupuncture using the 14-channels and achieve greater therapeutic effect. The essential idea of "body correspondence" is to use bone to treat bone; tendon to treat tendon; muscle to treat muscle; and vessel to treat vessel. 体应是董氏奇穴在治疗方面最有针对性的发明及应用，掌握此一原则，不只能将董氏奇穴应用得更深入更有效，以之于用在十四经穴方面，也能加强及突出其效果。体应之要点即：以骨治骨；以筋治筋；以肉治肉；以脉治脉。

Bone to treat bone 以骨治骨

In treating bone spur, we often use the *XiaoGuZhen* (bone-cutting) needling technique, with *SiHuaZhong* (77.09) and another point 3 *Cun* below it. Needle these two points close to the bone. We call this combination the "coupling needling technique". It can treat bone spurs in the knee, inflamed and enlarged knee joints, and degenerative arthritis of the knee joint with excellent results. When Master Tung needled a point that was close to the bone, he needled as close as he could get to the bone without piercing it. For example, *LingGu* (22.05), *HuoZhu* (66.04), *DaBai* (22.04) should be needled with a perpendicular insertion right next to the bone. The patient may feel a strong needle sensation, but the results will be excellent. In addition, we needle *FengShi* (GB 31) against the bone to the point at which the needle touches the bone, to treat various forms of Wind disease, pain syndrome, and hemiplegia with good results. Currently, one school of acupuncture emphasizes stimulation of the membranes surrounding bones to spur stronger and longer lasting conduction of *Qi*. Needling close to bone enables us to activate this powerful effect. 治骨刺常用削骨针，即四花中及其下三寸的倒马针，两针紧贴骨头才有作用。本组穴位治疗膝盖骨刺，肥大性、退化性关节炎疗效很好。董师扎针，能贴骨就尽量贴骨，例如灵骨、火主、大白等穴贴骨而入，不但针感强而且疗效高。又如常用九里(风市)穴每每深至贴骨，治疗各种风病、疼痛以及半身不遂，疗效衰好。目前有一派说法强调骨膜传导，认为骨膜有传导作用，因此扎针时尽量贴骨或抵骨，疗效较佳。

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Tendon to treat tendon 以筋治筋

In treating disorders of tendons, needling as close as possible to a tendon similarly generates excellent results. For example, *ChiZe* (LU 5) is on the radial side of the tendon of m. biceps brachii. Needling this point can ameliorate tendon and other sports injuries anywhere in the body. *ZhengJin* (77.01) and *ZhengZong* (77.02) [located on the Achilles' tendon] are excellent for treating stiff tendons in the neck, tightness in the m. gastrocnemius and other tendon disorders. 贴筋进针可治筋病，例如尺泽在大筋旁，可治全身的筋病，对运动病变效果很好。又如正筋、正宗(阿基利斯腱)是一大筋，针刺入正筋、正宗可治疗颈筋强硬，小腿筋紧等多种筋病。

Muscle to treat muscle 以肉治肉

SiMa (88. 17, 18, 19) and *JianZhong* (44.06) [both located on large muscle groups] are used to treat muscular problems and especially muscular atrophy. In terms of the 14-channels, *QuChi* (LI 11), *ShouSanLi* (LI 10) and *HeGu* (LI 4) are all located in areas with extensive musculature; these points are superior in treating muscle disorders. Of course, muscular atrophy typically occurs because of *YangMing* damp-heat or lung-heat. Needling the points above is excellent for clearing *YangMing* and Lung-heat. *SiMa*, *JianZhong*, *QuChi*, *ShouSanLi* and *HeGu* are superior points for various dermatological conditions. 例如驷马及肩中皆是肌肉较为丰富的部位，最常用来治肌肉方面的病变，尤其是肌肉萎缩，疗效甚好。在十四经面，曲池、手三里、合谷都是肌肉较丰富的地方，治疗肌肉病变效果也较好。当然肌肉萎缩多为阳明湿热或火烁肺金，针这些穴位对清阳明及肺金的疗效都很高。驷马、肩中、曲池、手三里、合谷等穴治疗皮肤病效果也很好。

Vessel to treat vessel 以脉治脉

Needling proximal to the vessel can treat vascular diseases. For example, needling *RenZong* (44.08) and *DiZong* (44.09) [located close to large vessels] can regulate blood circulation and greatly benefit arteriosclerosis and heart disease. *TaiYuan* (LU 9) [located proximal to the radial artery] is the "influential point of vessels" and is excellent for treating vascular diseases. 紧贴脉管的穴位可治脉病，例如针人宗、地宗，因靠近血管，调整血液循环，治心脏病及血管硬化效果很好。肺经的太渊穴在脉旁为脉会，治疗脉管病效果很好。此外，根据五行对应原理，还能以骨治肾，以筋治肝，以脉治脾，以皮治肺等，董师书中随处可见，这里就不再与例证。

Master Tung's Acupuncture and Channels 董氏奇穴与经络

Selection of Points following the Channels 循经

The basic principle of acupuncture point selection is summed up in these words: "Follow the channel to select points". Master Tung adhered to this principle. Because Master Tung is known for his great success in using his system of extra points, many fail to realize that he also was a master of the use of the 14-channels. It was precisely his thorough knowledge, understanding and competence in employing primary channel acupuncture treatment that enabled him to develop such effective extra points. Master Tung also created unique and highly effective applications for the points of the 14-channels. This principle has been discussed in the above article, "Further Explorations of Tung's Extra Points", so I am not going to readdress this issue here. 循经取穴是针灸辨证取穴的最基本原则与方法。董氏奇穴大致亦不例外。董师由于研究奇穴的突出，以致竟有些人对其在十四经穴的成就懵然不知，这的确是一件可惜的事，殊不知董师因为对十四经穴的深入与扩大，才有数百奇穴的发明，而董师在十四经穴之应用方面确有许多发前人所未发之处，例如以脾关治感冒，以伏兔治心悸、心脏病，犊鼻治唇生疮，公孙治腰痛、手麻，三阴交治腰痛、落枕，阴陵泉治前头痛，腕骨治眼病，肩外俞治小腿痛，膏肓棱针点刺治膝痛，承扶治瘰癧，风市治肩痛、肋

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痛、半身不遂，陷谷治偏头痛、腹泻，风府点刺治呕吐……等等，董氏奇穴虽名之为「奇穴」，但董老师常说其奇穴为「正经奇穴」，其原著亦称「董氏正经奇穴学」，亦即穴位之分布与十四经有密切关系，若非对十四经穴有极为深刻之认识，断难发现如此多之奇穴，在其原著书后亦附有「董氏对十四经穴主治病症之修订」可资参考。这里再举几个奇穴中的例子，与各位说明：董师常用肝门穴治肝病，中医认为肝病多湿，小肠为分水之官，小肠之原穴腕骨即为治黄要穴(通玄指要赋、玉龙歌、玉龙赋)，肝门穴位于手臂小肠经中央，即合经络，又合全息治中焦肝病之理、其效显著，自无疑义。又如正筋、正宗之治疗颈项，即合对应(详见七七部位正筋之说明)又与膀胱经有关，治疗颈项病当然有奇效。再如搏球之治背痛；其门、其正、其角之治痔疮；天黄、明黄、其黄之治肝病；下三皇之治泌尿、脾胃、妇科病包含三阴交穴在内；人士、地士、天士及曲陵穴等之治气喘感冒与肺经有关；门金之治肠胃病变与胃经有关……等等，真是不胜枚举，这些皆足以说明董氏奇穴是以十二正经为基础发展起来，而又兼顛对应全息，因此效果更为突出。

In addition, Master Tung considered the primary channel pairs in selecting points. For example, he used *GongSun* (SP 4) to treat frontal headaches involving the *YangMing* stomach channel and *NeiGuan* (PC 6) is used to treat disrupted flow of *Qi* in the *SanJiao* channel. Master Tung bled three points located proximal to the stomach primary channel – *SiHuaZhong* (77.09), *SiHuaWai* (77.14) and *FengLong* (ST 40) with a three-edged needle to treat phlegm and blood stasis obstruction diseases because the spleen produces phlegm and dampness. 此外循经取穴除包括本经取穴外，尚有表里经取穴，例如以脾经之火菊治疗前头(阳明头痛)；以内关治疗三焦之气机不显；在四花中、外、丰隆点刺出血治疗痰(脾聚痰湿)瘀阻滞之病……等亦是，不胜枚举。

Selection of Points Following the Crossing Channels 交经

Master Tung also employed the six divisions in creating his point selections. He clearly understood the relationships among foot and hand *TaiYang*, foot and hand *YangMing*, and; foot and hand *ShaoYang* as well as foot and hand *TaiYin*, foot and hand *ShaoYin*; and foot and hand *JueYin*. Points using the six channels have a profound effect on human physiology and pathology. For example, Heart and Kidney communication, so important in traditional Chinese medicine thinking occurs via the hand and foot *ShaoYin* division. Similarly, the hand-*JueYin* of the Pericardium has an interdependent relationship with the foot-*JueYin* of the Liver.

交经又名通经取穴法，或称六经同名经相通取穴法，即太阴通太阴，阳明通阳明，少阴通少阴，太阳通太阳，厥阴通厥阴，少阳通少阳的三阴三阳相通，实际上就是六经同名经相通。这种关系，对人体的病理生理均有影响，例如心肾之气必须相交，就是因于手足少阴相接的特点；包络相火可以寄附于肝膽，专赖手足厥阴通连为之维系。

While the six divisions play a prominent role in *ShangHanLun* thinking, having formed the foundation of pattern differentiation and the resulting herbal traditions for centuries afterward, the application of the six divisions in acupuncture channel theory is not as widely known but is highly effective. Examples of Master Tung's usage of the six channels include the following: He used *WanShunYi* (22.08) and *WanShunEr* (22.09) located on the hand-*TaiYang* of Small Intestine to treat lower back pain related to the foot-*TaiYang* of Urinary Bladder. Additionally, he used *WanShunYi* (22.08) and *WanShunEr* (22.09), located in proximity of *HouXi* (SI 3) to treat pains on the external side of the foot involving the bladder channel. Master Tung also used *YuJi* (LU 10) to treat *GongSun* (SP 4) pain, employing the hand and foot *TaiYin* connection. Master Tung's development of *WuHu* (11.27), located along the lung channel on the thumb, is also based upon the six division relationships. *WuHu* points are known to treat pain and problems of the opposite great toe. Master Tung believed that knowing the specific channel involved in a disorder was much more important than knowing specific points. Combining knowledge of the channel with proportional measurements enabled one to select points that would highly beneficial. For example, if a patient has pain on the right leg around *ChengShan* (BL 57), the practitioner could use the mid-portion of the left forearm channel of SI to find an effective point to treat it.

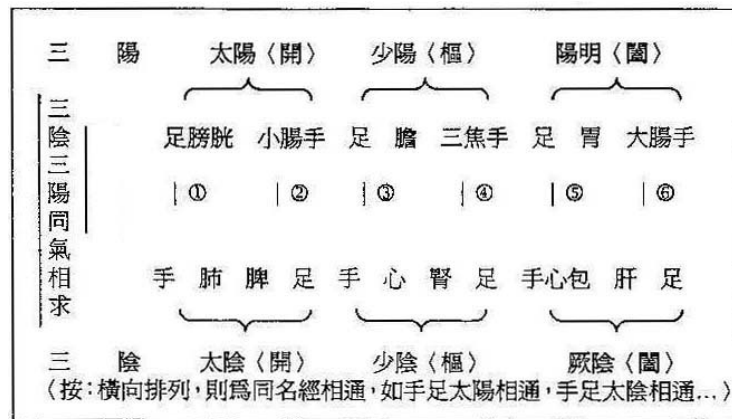
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六经相通，在伤寒论中，记之甚详，并以之辨证论治，但在针灸治疗之应用方面却少人知。但应用的机会则不在少数，效果也很好。董师在奇穴方面也常应用通经法。例如，以腕顺一、二穴治疗膀胱经腰痛，还可治对应的足外侧痛。又如以鱼际可治公孙(手太阴通足太阴)部位痛，再扩展演伸出五虎穴治大趾痛。这种方法有时不需要有固定的穴位也能治疗疾病，只要掌握经络、掌握对应比例即可，例如小腿承山部位痛，可在手臂的中段(太阳经)找穴位治疗即可。

ZangFuBeiTong Theory (Five Zang Extra Relationship Theory) 五脏别通用法

The *ZangFuBeiTong* theory is the most outstanding, widely used, and essential aspect of Master Tung's Acupuncture. Although never discussed formally in his writing, this theory has been consistently applied in the practice of his tradition. The *ZangFuBeiTong* theory was initially discussed in the *Ming* dynasty classic: *YiXieRuMen* (Introduction to Medicine), by *LiYan* in the *ZangFu* Depth Chapter and explored in much greater detail in the *Tang ZhongHai's YiJinJinYi* (Essential Theories of Classical Chinese Medicine). However, the origin of the *ZangFuBeiTong* theory has not been investigated. The *ZangFuBeiTong* theory originated from the Six Channel's articulation of Open, Close, Pivot (entries, exits and axes) and the "Six Channel Theory" stemmed from the theoretical applications of the *YiJing*. The *LingShu's* chapter on "Roots and Nodes" stated that among the *Yang* channels, *TaiYang* is the entry; *YangMing* is the exit; and *ShaoYang* is the axis; and among the *Yin* channels, *TaiYin* is the entry; *JueYin* is the exit; and *ShaoYin* is the axis; thereby hinting at the resonance between *TaiYang* and *TaiYin*, *ShaoYang* and *ShaoYin*; and *YangMing* and *JueYin*.

这是董氏奇穴应用最突出、最广泛及最精华的部份，虽然在董师书中从未提及这方面的理论，但其应用则时时处处与之相合。五脏别通首先见于李挺「医学入门」，引自脏腑穿凿论。唐宗海之「医经精义」有较细的发挥。但他们都并未深入了解其源流，五脏别通应系由六经之开合枢变化发展而来(开阖枢则又系由易经演变而来)。灵枢根结篇说：「太阳为开，阳明为合，少阳为枢」，又说：「太阴为开，厥阴为合，少阴为枢」，以三阴三阳同气相求，作手足相配之表如下



This chart articulates the relationships among the Lung and Urinary Bladder, the Spleen and Small Intestine, the Heart and Gallbladder, the Kidney and Triple Energizer, and the Liver and Large Intestine. In addition to this *ZangFuBeiTong* theory, the Pericardium and Stomach also share resonance. This chart helps resolve many otherwise puzzling aspects of Master Tung's acupuncture system, and helps explain the phenomenal results obtained from its practice. In 1992, I discussed the application of these principles in almost all the points used in Master Tung's system. Here I will highlight several examples.

这样就构成了肺与膀胱通，脾与小肠通，心与胆通，肾与三焦通，肝与大肠通。除五脏别通外，胃也应与包络通。从此一原理来探源董氏奇穴之原理及应用，许多疑惑自可不言而喻，以此原理发挥

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应用更能挥洒自如，早在 1992 年个人重新修订之「董氏奇穴针灸学」已将此一原理之应用明注于该书各穴位之说明中，现将其中部份用例再提出看看，当能更了解其应用。

For Example: 例如：

- *ChongZi* (22.01) and *ChongXian* (22.02), which are on the Lung channel, can be effectively used to treat pain on the back and scapular along the Bladder channel. 重子、重仙在肺经上，但可治膀胱经之背痛，及肩胛部疼痛
- *GanMen* (33.11), which is on the Small Intestine channel, the separator of pure from the impure fluids, is highly efficacious in draining Damp-Heat and treating hepatitis. 肝门穴在小肠经上，小肠为分水之官，清利湿热之效甚好，所以能治肝炎
- *YanHuang* (11.23), located on the Heart channel, can treat yellowish discoloration of the eyes that occurs in jaundice, because of the heart and gallbladder relationship. 眼黄穴在心经上，透过心与胆通，所以能治眼发黄
- *HuanChao* (11.06), occupying the *SanJiao* channel, doesn't only regulate *SanJiao*'s energy flow, but also disperse the liver, tonify the kidney, to treat gynecological diseases and infertility. 还巢穴在三焦经上，因三焦经与肾相通，故透过治理三焦，疏肝补肾能治妇科病、不孕症等
- *HuoBao* (55.01), on the second toe on the Stomach channel, is highly effective for treating angina and other types of heart pain, because of the stomach and pericardium relationship. In addition, *TongGuan* (88.01) and *TongShan* (88.02) both located on the stomach channel, also effectively in treating heart disease. 又如火包穴在胃经第二脚趾上透过胃与心包通，治心痛甚效。通关、通山在胃经上治心脏病亦甚效
- *Mu* (11.17), located on the Large intestine primary channel, can treat hernia pain on the liver channel because of the relationship between the large intestine and liver. Also excellent for liver channel hernia pains are *DaJian* (11.01), *ZhongJian* (11.05), *XiaoJian* (11.02), *FuJian* (11.03) all located on the liver channel. 木穴在大肠经上，但能治肝经之疝气痛，其它大、中、小浮间皆在大肠经上，都能治疝痛
- In addition, frozen shoulder, which typically features pain around the shoulder and scapular areas of the small intestine channel, can be effectively treated by needling *ShenGuan* (77.18), located on the spleen channel. 又五十肩病痛多在肩背小肠经处，针肾关(在脾经上)特效

Choosing points on the 14-channels based upon the *ZangFuBeiTong* theory can also result in highly efficacious treatments. For example, *QuChi* (LI 11) treatment of dizziness is based upon the relationship between the large intestine and liver. *WanGu* (SI 4) can drain the spleen dampness and as cited in many classics, is highly effective in treating jaundice. *ZhongZhu* (SJ 3) is excellent in the treatment of the lower back pain caused by kidney deficiency. *ZuSanLi* (ST 36) excels in treating heart disease, and *NeiGuan* (PC 6) achieves great results in treating knee pain located on the stomach channel. This method can be flexibly applied to many clinical problems. There are many successful clinical cases so I am not going to address more. 十四经穴应用五脏别通之原理取穴，疗效亦非常好，例如，以曲池治头晕，就是透过大肠与肝通的应用。腕骨在小肠经，能清脾湿，治黄疸，自古为治黄要穴。中渚在三焦经上，治肾亏腰痛甚效。足三里为胃经穴，但治心脏病甚效。内关为心包络穴位，但治膝痛甚效，此因通过膝部最主要之经络为胃经。此种方法应用极灵活，例证甚多，疗效极好，在此不再多举。

A Study on Tung's Acupuncture Needling Methods for Tung's Extra Points 董氏奇穴手法

DongQi (Active Qi) and DaoMa (Coupling) Needling Methods 动气及倒马针法

Master Tung's needling methods are very simple since he only advocated perpendicular insertion, oblique insertion, shallow insertion, deep insertion, skin insertion and retention of needle, all of which will exert the desired effect. To lessen the suffering of the patients and fainting during acupuncture, he did not use flicking, shaking or rotating manipulations. He did not rigidly adhere to the theory of supplementing and draining.

董氏奇穴施针手术简便，仅用「正刺」、「斜刺」、「浅刺」、「深刺」、「皮下刺」与「留针」各种手法即可达到所期望之治效。不采「弹」、「摇」、「捻」、「摆」等手法，可减轻患者之痛苦，减少晕针的情况，亦不必拘泥于「补」、「泻」等理论。

Since he did not adhere to supplementing and draining, he developed a series of special, even needling methods *DongQi* (Active *Qi*) technique and *DaoMa* (Coupling) technique. He believed that human body had the natural resistant capacity and a relative balance spot; as a result, he adopted the cross channel, opposing needling techniques. Striking effectiveness can be seen in distal needling combined with the *DongQi* technique especially indicated for pains. For instance, Tung needled *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) of the healthy side and asked the patient to grip his teeth or move his chin for trigeminal neuralgia. The pain immediately disappeared. The same happened to sciatica when *LingGu* (22.05) and *DaBai* (22.04) were needled and the patient was advised to move his low back and leg. Although the extra points have specific functions, the effectiveness of the *DongQi* technique can never be neglected. This technique is not only applied to the extra points but to the points of the 14-channels. It is effective for pain and internal diseases as well. 由于不拘泥于补泻，董师研创出另一套平补平泻的特殊针法——动气针法与倒马针法。动气针法即针后令病人疼痛处所活动活动，看有无改善，再决定继续捻针或换针。本人将此种手法为老师定名为动气针法，首刊于1975年版「针灸经纬」，老师亦甚赞同此老，遂沿用至今。大陆虽亦有类似手法，但首见于1988年「黄河医话」名之为「运动针法」并自谓首创，实则已晚于本人13年，晚于董师则更久矣。近年来大陆及国外对此几种手法研究者不在少数，事实早在1985年山西科技版之吕景山着的「针灸对穴临床经验集」已经引证本人著作及动气针法。

董师认为人体有自然抗能，并有相对平衡点，所以常采用「交经巨刺」以远处穴道疏导配以动气针法，疗效惊人。尤其对于疼痛性病证，往往能立即止痛，例如三叉神经痛，董师针健侧侧三里、侧下三里两穴，并令患者咬牙或动颚，可立即止痛；坐骨神经痛，针健侧灵骨、大白两穴，并令患者腰腿活动，亦可立即止痛。虽说奇穴有奇用，但是动气针法的功效也是不可忽视的。动气针法不只限于奇穴有效，更适合于十四经穴，不但适用于止痛，用于内科，亦有着效。

The operations of the *DongQi* technique is as follows: 动气针法具体操作如下：

1. Select the points 先决定针刺穴道。
2. Insert the needle and when it has reached the sensations of numbness, soreness or distension, rotate the needle and ask the patient to move the affected side. 进针后有酸麻胀等感觉时，即为得气现象，然后一面捻针一面令患者患部稍微活动，
3. When the suffering subsides, indicating the union of the point *Qi* with that of the affected area, the *Qi* is successfully dredged and balanced. Then one must stop the rotation of the needle and retain or withdraw the needle according to the specific condition. 病痛便可立即减轻，表示针穴与患处之气已经相引，达到疏导及平衡作用，可停止捻针，视情况留针或出针。

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4. For a chronic case, the needle should be retained longer and rotated in order to lead the *Qi* arrival. The patient is asked to move the affected part to cause the needling sensation. 如病程较久，可留针稍久，中间必须捻针数次以行气，可令病患再活动患部引气。
5. If the disease is located in the chest or abdomen, ask the patient to breathe deeply or massage the local area to bring the needle *Qi* up and drive pathogenic evils away. For example, in the treatment of chest pain or stuffiness in the chest, *NeiGuan* (PC 6) is first choice to needle and then ask the patient to take a deep breath. The symptoms will immediately be relieved. 如病在胸腹部，不能活动，可用按摩或深呼吸，使针与患处之气相引，疏导病邪。例如治胸闷胸痛，针内关，然后令患者深呼吸，可立刻舒畅。

DongQi technique is very easy to learn, and it is very useful. It can be used without knowing the deficiency or excess condition. However, the needle only is applied to distal points because the diseased part must be movable or easy to massage. According to my own experience, I usually select the *Yuan*-source points, *Luo*-connecting points, *Shu*-stream points, *Mu*-front points, *Xi*-cleft points and connecting points. This method is becoming more popularized and should continue. 动气针法简单实用，且在不明虚实思状前亦可使用。但必须能使病痛部位自由活动或易于按摩，因此必须在远隔穴位施针。依个人经验，仅就五输原络，俞募都会等特定穴位，灵活运用即可，价得推广应用。

DaoMa (Coupling) technique is another invention of Master Tung. It is a way in which two or three points on a line are needled at the same time to promote the curative effect of the extra points or points of the 14-channels. It is often used together with the *DongQi* technique with marked effect. 倒马针法系董师所创用之一种特殊针法，系利用两针或三针并列之方式，加强疗效的一种特殊针法。奇穴与十四经穴均可利用此一针法，此一针法亦常与动气针法结合使用，疗效显著。

The operation of *DaoMa* technique is as follows: 具体操作是：

1. Select a first point, e.g. *NeiGuan* (PC 6). 先在某一穴位施针(如内关)。
2. The second point chosen is to be a neighboring point of the same channel, for example *JianShi* (PC 5) or *DaLing* (PC 7). This is the so-called *DaoMa* needling technique. 然后取同经邻近穴位再刺一针(如间使或大陵)，这样就形成了所谓的倒马针。
3. The tonifying or sedating method is used, or the technique is combined with the *DongQi* technique to enhance the treatment effect. 在倒马针的基础下可用补泻法，也可用动气针法与之配合，加强疗效。

The result of the two point needles on the same line is much stronger than when several needles are applied. For instance, if the effect of acupuncture applied to *NeiGuan* (PC 6) is one, then when *JianShi* (PC 5) is needled the strengthened effect is three instead of two. The reason lies in the coordination of points, giving the effect in one vigorous effort. 这种邻近两针同时并列的针法，较之散列的多针的效果，是来的较大而确实的，在内关取穴施针之效果如果等于一分，加取间使穴使成并列之倒马针，则其效果并不只是二分的增加，而可能是三分或五分，究其原因，可能是有互助合作，一鼓作气的强化作用。

To strengthen the treatment effect, *DaoMa* technique can be applied to many parts of the body. For example, the following pair of points is often selected to improve the effect: 全身有很多的地方都可使用倒马针以增强疗效

- *NeiTing* (ST 44) and *XianGu* (ST 43) for gastrointestinal disorders 如内庭、陷谷合用对肠胃病有很大效用
- *NeiGuan* (PC 6) and *JianShi* (PC 5) for heart disease 针内关、间使治心脏病有特效

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- *ZhiGou* (SJ 6) and *WaiGuan* (SJ 5) for hypochondriac pain, leg pain and sciatica; 支沟、外关治胁痛、小腿痛、坐骨神经痛
- *ShouSanLi* (LI 10) and *QuChi* (LI 11) for dizziness, rhinitis, shoulder and arm pain; lower back and knee pain. 手三里、曲池治头晕、鼻炎、肩臂痛、腰膝痛

Other point combinations are *HeGu* (LI 4) and *SanJian* (LI 3); *FuLiu* (KI 7) and *TaiXi* (KI 3); *ShenMai* (BL 62) and *JinMen* (BL 63); and others too numerous to mention one by one. 其它如合谷、三间倒马针，复溜、太溪倒马，申脉、金门之倒马……等不胜枚举，可以推广使用。

Based on my clinical experience and *DongQi* technique, I developed a new acupuncture method called the Guiding Needling Technique (*QianYin*). The latter is much more effective than the former. For details, please read my book, "The Essence of Acupuncture and Moxibustion". 倒马针两针或三针并列，实亦寓有全息の意味，若三针并列，则也还有上针治上、中针治中、下针治下的意义，两针并列，则有上针治上部、下针治下部的意义。在个人多年的临床经验中，复根据动气针法的基础研究创出「牵引针法」，效果之佳，较动气针法尤有过之而无不及，详细内容可参看拙著之「针灸经纬」。

Depth of Needle Insertion 重视深浅

Ancient medical literature stresses the importance of needle depth. Master Tung often spoke of different depths to which a needle is inserted to treat different diseases. For example, for *DaJian* (11.01) and *XiaoJian* (11.02), he said: "Perpendicular insertion of a 0.5 *Cun* needle to a depth of 0.1 *Cun* treats heart diseases, while to a depth of 0.2-0.25 *Cun* treats disorders of pulmonary branch nerves". For *DiShi* (33.14), he said: "The needle is inserted to a depth of 1 *Cun* to treat asthma, common cold, and headache and Kidney vacuity; while a depth of 1.5 *Cun* treats heart diseases". For *DiZong* (44.09), he pointed out: "The needle is inserted to a depth of 1 *Cun* to treat mild cases; whereas a depth of 2 *Cun* treats severe cases." The above is only a few examples to illustrate his use of depth in treatment. Depth of needling usually adheres to the following principles: 针刺的深浅关乎疗效极大，古书中不乏记载，董氏奇穴中亦经常提及深浅不同的主治有别，例如：大间及小间穴之手术部份指出：「五分针，正下一分治心脏，二至二点五分为肺分支神经」。地士穴之手术：「针深一寸治气喘、感冒、头痛及肾亏。针深一寸五分治心脏病」。地宗穴之手术：「针深一寸治轻病，针深二寸治重病」。这些只是列举其一以示全部。可以说董氏奇穴全部穴位，无不贯彻深浅之理。董师用穴之深浅大致依循下列几项原则。

According to diseased part 根据病位

Shallow puncture is for superficial or muscular ailments while deep puncture is used for bone and *ZangFu* organ disorders. For instance, the bleeding method is applied to *DaZhui* (Du 14), *FeiShu* (BL 13) and *GaoHuang* (BL 43) for exterior syndrome due to affliction by exopathogens; which is an example of shallow puncture. Even for the same point, *DaJian* (11.01), *XiaoJian* (11.02) and *DiZong* (44.09) different depths treat different diseases. One key is that for a nearby ailment, shallow puncture is used, whereas for a distal ailment, deep puncture is used. *ZuSanLi* (ST 36), a commonly used point is another example. Master Tung often said: "When it is inserted to a depth of 0.5-1 *Cun*, it deals with leg problems; to a depth of 1.5-2 *Cun*, with gastrointestinal disease; to a depth over 2 *Cun*, with heart disease and asthma; and to a depth over 2.5 *Cun*, with face and head disorders". The effectiveness has been verified clinically. 一般病在表、病在肌肤宜浅刺；病在骨、病在脏腑宜深刺。有时治外感表症常在背部大椎、肺俞、膏肓点刺出血即为浅刺之例。同一穴位之深浅主治亦有别，在前述之大小间、地士，均已举例说明，其要旨为治近宜浅，治远宜远。又如最常用之足三里穴，董师常说：针五分一寸治腿部病，针一寸至寸半治肠胃病，治心脏病气喘病至少宜寸半以上，头面病则宜二寸以上，临床应用确有至理。

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According to the nature of disease 根据病性

In general, for Heat or Deficiency syndromes and recently occurring diseases, shallow puncture is employed. For Cold or Excess syndromes and protracted diseases, deep puncture is used. For mild or recent diseases, Master Tung usually selected points of the finger and face with shallow puncture. But for severe or protracted ones, he often selected points of the leg and thigh with deep puncture. For febrile diseases he performed shallow puncture to points on the back or bled the *Jing*-well points. But for Cold syndrome or chronic diseases, deep puncture was performed to the leg, elbow, blood vessel or thick muscle with needles retained for some time; or with the bleeding method. 一般热症、虚症宜浅刺；寒症、实证宜深刺；新病宜刺浅，久病宜刺深。董师治疗较轻较短之病，常以手指颜面较浅部位之穴道针刺，对久病重病则以小腿大腿部位较深之穴位为主；热病在较浅穴位(背部)及井穴点刺，寒症久病则在腿部、肘部血管或肌肉较厚部位深刺久留或点刺。

According to seasons 根据四时节令

In general, shallow puncture was given in spring and summer, while deep puncture was given in autumn and winter. In addition, different points were selected in different seasons. The above fully embodies Master Tung's understanding of chronotherapeutics, which has been elaborated upon in "An Exploration into Tung's Extra Points and His Thinking" (Section 1), and it is unnecessary to go into detail here. 一般春夏宜刺浅，秋冬宜刺深，董师治疗疾病不只遵行春夏刺浅，秋冬刺深之理，在选穴处治方面亦有不同，充分体现了董师对时间治疗学的认识。

According to the physical condition 根据体质

In general, for fat, strong, muscular patients and laborers, deep puncture is used. For the thin, debilitated, weak patients, infants and office workers, shallow puncture is needed. 一般肥胖、强壮、肌肉发达者宜刺深；消瘦、虚弱、肌肉脆薄及婴儿宜刺浅，董师亦遵循此原则进针，对体力劳动者进针较脑力劳动者通常稍深。

According to the location of points 根据穴位

Master Tung usually selected points on the limbs. For the thicker parts he gave deep punctures, and for the thinner parts he gave shallow punctures. Any point was classified into three depths, *i.e.* superficial, deeper and the deepest. For points on the chest and back, the bleeding method was mainly applied. For points on the head and face, shallow perpendicular puncture or prone needling was performed. He used acupuncture manipulations such as that, it is safe and markedly effective. 董氏奇穴用穴多以四肢为主，肥厚部份可稍深，其余部份宜稍浅。穴分天地人三部，局部刺浅，再远入中，最远入深。躯干胸背概以三棱针轻浅点刺为主，头面部穴位多以浅针直刺或卧针平刺为主。绝无危险，且疗效高。

In short, he paid attention to the depth of puncture of needles in light of the diseased site, disease's nature, physical conditions, season, and individual points; however, Master Tung always adhered to the following principles:

1. The point should be needled shallowly or deeply, he punctured it shallowly or deeply
2. When it was close to the diseased part, the point was shallowly punctured; if far, the point was deeply punctured.
3. For a recently occurring disease, shallow puncture was conducted, while for a chronic one, deep puncture was applied.

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4. He tended to select points on the limbs, and he would rather make mistakes by deep puncture than by shallow puncture, which was like an insect bite, and could never gain any effect. Since it is kind of joining method, deep puncture strengthens the tie between channels and is indicated for patients who need more than one channel stimulated. It is consistent with the principle of a single needle that works on several points, not only lessening the suffering of needle insertion, but also strengthening the stimulation and improving effectiveness.
5. No matter how deep the puncture is, the arrival of *Qi* must be guaranteed.

总之，董师针刺论深浅，虽据病位、病性、体质、节令、穴位而定，但总以穴浅宜浅，穴深宜采；治近宜浅，治远宜深；新病宜浅，病久宜深为要。取穴多在四肢，强调宁失之深，勿失之浅，如蚊蝇之叮咬难期收功。由于深针有透穴作用，加强了经脉间之联系，并扩大了针刺之主治范围，且由于一针多穴，合乎精简原则，不但减轻进针之疼痛，又能加强刺激量，提高针刺效应，最为董师所乐用，但不论深浅，又必以得气为度。

Retention of Needles to Gain Effectiveness 注重留针

Retention of needles can strengthen and prolong the needling sensation to gain curative effect. Retention of needles and its duration are decided by the physique of a person, disease, seasonal conditions, individual point properties and *Qi* states. 留针是指进针以后，将针留置于穴位内，以加强及持续针威及其作用，从而达到提高疗效的目的。是否需要留针，留针时间长短，必须因人、因病、因时、因穴及视「气」而定。

Personal conditions: 因人而异

Retention of needles and its duration depend on the condition of the physique and age. Muscular and strong persons are difficult to be invaded by pathogenic factors. Once they are attacked, pathogenic factors go deep into the body. For this reason, needles should be retained with long duration, whereas for thin and debilitated patients and children, it is necessary to insert the needle shallowly and withdraw it quickly. 根据体质、年龄不同而决定留针与否及时间长短。体质壮实、肌肉丰满者，受邪较难，得之则邪深，刺宜深刺久留。体质瘦弱、皮薄肉少者及儿童则应浅刺疾出，不宜留针。

Disease conditions: 因病而异

Retention of needles and its duration are decided by the course, site, and nature of a disease. In protracted cases, the pathogenic factors go deep into the body, and reside in the *Yin* aspect and nutrient system (Deficiency syndrome). In this case, the needle should be retained for a long time. For a chronic case of Excess syndrome the bleeding method with a three-edged needle is applied. For a newly occurring disease when pathogenic factors reside in the *Yang* aspect and defensive system (Heat and Excess syndromes), it is necessary to give shallow puncture without retention of needles. 根据病程、病位、病性而定；久病邪气入深及病邪在阴分、营分、属寒、属虚者(久病虽实则宜棱针点刺出血)宜深针久留；初病邪气表浅或病在阳分卫分，属热属实者应浅刺而不留针。

Seasonal conditions: 因时而异

Retention of needles and its duration are dependent on the seasons. For example, in spring and summer, when *YangQi* resides in the superficial portion of the body, puncture shallowly with short retention or without retention of needles at all. But in autumn or winter, when *YangQi* resides inwardly, puncture deeply and retain the needles. In the light of this principle, the retention of needles should be longer in the evening than in the

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morning and afternoon. 根据天时季节而定，春夏人之阳气在表，宜浅刺少留或不留。秋冬阳气在里，应深刺而留针。同理，下午晚上针刺，一般较上午及中午留针稍久。

Individual point property: 因穴而异

For a shallow point, *Qi* often resides superficially. Therefore shallow puncture is applied without retention of needles. For a deep point, needles can be retained for some time. However, we must remember, "A needle is resisted in a Heat Syndrome", and "A needle is sucked in a Cold syndrome". To avoid the sucking and bending of needles, a large part of the needle must be outside of the body. For the Cold syndrome, when the needle is retained for a long time, bending of a needle may occur because of a change in body posture. Master Tung preferred a comfortable supine position, and needles were retained in the limbs. It is the safest way to ensure that bending and sucking of needles is rarely seen. 穴位浅、气浮在外宜浅针不留，穴位深可稍留久，但必须注意由于「热病则顶针，寒病则吸针」，寒病久留为防针体被吸入，必须多留一部份针体在外，以免发生滞针弯针(长时留针，体位异动有可能发生弯针)。董师针刺多采舒适之卧位，并在四肢穴位进行留针；绝无弯针，亦不怕吸针，是较安全的针法。

At present there are two arguments about the duration of retained needles. 留针时间多久为宜，目前较通行者有两种说法：

1. As is pointed out in the *LingShu, WuShiYing* (Treatise on the fifty cycles of the nutrient *Qi*): "There are twenty-eight channels and collaterals in the body. The time of a day is measured by water dripping in a vessel marked by 100 segments. When the nutrient *Qi* travels 16 *Zhang* 2 *Chi* (1 *Zhang* = 3 1/3 meters, 1 *Chi* = 1/3 meter), a cycle is completed in the body. It takes 2 segments of water dripping." The above says that the cycle of *Qi* and blood flow in the channels and collaterals takes 2 segments of water dripping, equal to 0.48 hour or 28 minutes and 48 seconds, since a day is divided into 100 segments of water dripping. 据灵枢五十营篇所言：「二十八脉，……漏水下百刻，以分画夜。……气行十六丈二尺……一周于身，下水二刻。」指出气血运行一周，需时二刻，一昼一夜为一百刻，则二刻为零点四十八小时，为廿八分四十八秒。
2. According to the *LingShu YingWeiZhengHui* (The origin of the Nutrient and Defensive systems and *Qi* circulation in them): it is stated that "The nutrient *Qi* travels within the channels, and the defensive *Qi* flows outside of the channels without cessation. In a day they travel fifty cycles." It means for one cycle, it takes 28 minutes and 48 seconds, From above, we can see that the duration of retention of needles should last over 28 minutes and 48 seconds. For easy calculation, at present, 30 minutes would be proper. 据灵枢营卫生会篇所言：「营在脉中，卫在脉外，营周不休，五十而复大会，阴阳相贯，如环无端」。营卫一昼一夜在人体运行五十周，以廿四小时一千四百四十分计算，即廿八分四十八秒循环一周。从上述两点看来，留针至少宜超过廿八分四十八秒，目前为求计算方便，一般留针三十分是合理而适宜的。

In treatment of a Cold syndrome, Master Tung usually retained the needles for 45 minutes and twirled them at an interval of 15 minutes. It is pointed out by pain tests that the pain threshold of the whole body's skin can be increased to some extent when *HeGu* (LI 4) is needled. It reaches the maximum when the needle is retained for 40-45 minutes. It happens to coincide with Master Tung's experience and from it we can see that his theory about the retention of needles is reasonable.

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Emphasizing the order sequence of needling. 注重主次先后

Generally, if a three-sequenced-point is chosen for treatment, Master Tung always needled the middle one first, then, followed by the other two points. Some research studies have indicated that if point A is needled prior to point B, then the *Qi* will move toward the previous points first. This is also the mechanism for me to invent the *QianYin* needling technique.

For example, when treating the sciatica neuralgia pain (*TaiYang* channel pattern), we usually would needle *LingGu* (22.05) and *DaBai* (22.04) first, then followed by needling the *ShuGu* (BL 65) as *QianYin* point. After the *ShuGu* point is needled, the *Qi* linked in *LingGu* and *DaBai* will be tracked by *ShuGu*, then vice versa. These two traction energy flow will meet in the middle (the sciatica nerve area). Therefore, the therapeutic points should be needled prior to the traction points. 一般而言，董师如欲针刺三针，必先针中间的一针，再上、下各一针。据研究先针一针于穴道上，再针于他处的穴道上，则其气皆往先前扎的穴道上走，此即个人研创之牵引针的原理。如坐骨神经痛属太阳经者，先针灵骨、大白(主针)，次用束骨牵引，此前二针作用会被束骨所自然牵引，也可能束骨会被前二针牵引，而可能在中间的痛点交汇，因此应先针治疗针，后扎牵引针。

Master Tung always emphasized the traditional theory "needle the healthy side as the origin point, then needle the diseased site as the reaction point". For example, if the symptom manifestation is on the right side, then the point on the healthy left side should be needled first; if the disease is on the left top, then needle the right bottom first; if the disease is on the right top, then needle the left bottom first..., etc. If there are multiple diseased sites, then needle the primary complaint first.

While using points of various channels, the mutual relationship between points should be cautiously considered. For example, if a point of Earth channel is used together with a point of Water channel, then due to consideration of "Earth counteracts Water", the Earth channel point should be needled prior to the Water channel point. It is the same order while manipulating the needles during treatment. 董师针刺常遵古法「先针无病为之主，后针有病为之应」，右边有病则先针无病的左边，左上有病则先扎右下，右上有病则先扎左下(个人亦先针治疗针，之后再扎牵引针。)。好几个症状一起呈现，则先针主症，后针次要症。多经的穴位一起使用时，则应注意其是否有克应问题，如土经的穴和水经的穴在一起使用，有可能土克水，可先针土经穴位，再针水经穴位；捻针时亦先捻土经穴，再捻水经穴。

Tung's Points and the Theory of TCM 董氏奇穴与中医学说

The Five elements and ZangFu Theory with Tung's Points 治疗注重五行及脏象学说之应用

Master Tung specific emphasis uses five elements and *ZangFu* theory to treat disease. He used points named after the five elements and *ZangFu* to have the corresponding treatment effect. For example, *ShuiJin* (1010.20) means communication between Water and Metal and deals with disturbance in the diffusing and descending function of the lung as well as the failure of the kidney to receive air. It is indicated for blockage of Water and Metal manifested by coughing, asthma, hiccup, abdominal distension, vomiting and dry cholera. 董师在治疗方面极为重视五行之调和及脏象学之应用，其穴位以五行及脏象命名者，便有类似相关之治疗效用，例如水金穴就有金水相通之义，能治疗肺不肃降、肾不受纳之金水不通病变，诸如咳嗽、气喘、打呃、腹胀、呕吐、干霍乱等皆有特效。

SiMaZhong, *Shang* and *Xia* (88.17, 18, 19) are indicated for lung diseases because according to the theory of TCM, the lung dominates *Qi* and skin. That is why these points are especially effective for rhinitis, psoriasis, acne and various skin diseases. In addition, in the Five elements they can treat conjunctivitis because Fire fails to control

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metal. They are also effective for thyroid enlargement because Metal controls Wood. 又例如驷马中、上、下三穴能治疗肺病，中医理论肺主气，又主皮肤，因此本穴治疗鼻炎，牛皮癣、青春痘均有特效，对于各类皮肤病效果亦佳。

TianHuang (88.13), *MingHuang* (88.12) and *QiHuang* (88.14) are indicated for cirrhosis, hepatitis, blurred vision and eye pain. *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03) can treat heart disease, rheumatic heart disease, knee pain and edema of the lower limbs. *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) deal with nephritis, general body edema, lower limbs edema, thirst and sore throat. *ShenGuan* (77.18) is the essential point to boost the Kidney. It is very helpful for sciatica, back pain, headache and lower back pain. 另外透过五行生克，尚能治疗结膜炎(使火不克金)，甲状腺肿(使金能制木)亦有卓效。天黄、明黄、其黄三穴能治疗肝硬化、肝炎，也能治眼昏、眼痛。通关、通山、通天能治心脏病、心脏性风湿病，也能治膝盖痛，下肢浮肿。通肾、通胃、通背能治疗肾脏炎，全身浮肿、四肢浮肿，也能治口干、喉痛。肾关为补肾要穴，对于肾亏所引起之坐骨神经痛、肩痛、背痛、头痛、腰酸皆有显效。

Those above are obvious examples elucidating the application of the *ZangFu* theory. Based on the theory of the five elements and the idea of preventive medicine, this kind of treatment is adopted more flexibly; e.g. cough and asthma, so we should follow the classic instruction: "Treating the lung when it attacked by evil and treating the kidney in healthy time". It means that at the stage of attack, acupuncture is applied to *ShuiJin* (1010.20) in association with *ChiZe* (LU 5), *RenShi* (33.13) or *DiShi* (33.14) or *TianShi* (33.15), while in the healthy time needle *TianHuangFu* (77.18) or *DiHuang* (77.19) or *RenHuang* (77.21). 又如木火穴即可疏肝去风，又可清火或温阳，是治疗半身不遂的好穴道。这些便是透过脏象学说发挥应用的着例。另外透过五行学说及预防思想，这种治法可以运用的更灵活，例如治咳喘，遵古说：「发则治肺，平时治肾」，在发作期常针水金配合曲陵、三士，平时则针下三皇等，此类治例真是多不胜数。

The Spleen and Stomach Theory (PiWeiLun) with Tung's Extra Points 治疗重视脾胃学说

Master Tung had a profound comprehension of *LiDongYuan's* Spleen and Stomach theory, and he developed many therapies in regulation of the spleen and stomach. He believed that regulating of the disturbance in the ascending and descending function of the spleen and stomach brings about normal health. When he dealt with the disorders of the heart and lung channels, he started by treating the stomach channel, e.g. *SiMaZhong*, *Shang* and *Xia* (88.17, 18, 19), *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03) are crossed by the stomach channel. [*TuShui* (22.11) on the lung channel is effective for stomach disorders and can be considered further evidence of the principle]. He advocated that treatment of the spleen channel cures kidney problems because strengthening the spleen could restrain water, *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) are all located on the spleen channel. When there appears to be a deficiency syndrome of both the spleen and kidney, it is preferred to reinforce the spleen rather than kidney; a way to strengthen the acquired essence. Master Tung believed that the "Three Huang's" [*TianHuangFu* *ShenGuan* (77.18), *DiHuang* (77.19), and *RenHuang* (77.21)] function to invigorate the kidney, but, in fact, they are located at the spleen channel. The above shows that Master Tung's discovery and use of points are consistent with the theory. 董师对于李东垣之脾胃学说有深刻的研究，临床治疗对于调理脾胃有很多发明，认为若能使脾胃升降失调导致正常，则许多病便能治愈。其治疗心、肺两经之病多从胃经着手，例如常用之驷马上中下穴，及通关通山通天穴位置均与胃经有交迭关系。常用驷马治鼻炎，即有补土生金之意。常用通关通山治心脏病，有「子能令母实」之意。(土水穴能治胃病，位于肺经，也是此一原理的反面应用)。其治疗肾病多从脾经论治，认为崇土可以制水，所以通肾、通胃、通背三穴皆在脾经之上。对于脾肾两虚之病认为补肾不如补脾，先宜调后天，其乐用之下三皇(天皇副、人皇、地皇)名曰补肾，实亦皆在脾经路径上。治蛋白尿脾肾双补肾关很好，这些就都反应了董师的创穴用针是其源有自，深合理论根据的。

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Bleeding theory in Tung's Extra Points 治疗注重活血化瘀善用棱针点刺

Master Tung was especially good at bloodletting with a three-edged needle. When I was an apprentice, I often saw him treat successfully by using a three-edged needle. An ailment persistent for years or sharp pain would be cured in an instant; the effectiveness is really beyond imagination. 运用三棱针放血治病，可谓董师之拿手绝活，余从董师学习多年随侍老师之侧，常见董师应用三棱针治疗，数年大病往往豁然而愈，剧烈疼痛亦可止于顷刻，其效果真是令人难以思议，董师刺络用穴之范围不受古书所限，除一般医师常用之肘窝、膝膈、侧额、舌下、十二井、十宣、耳背等部位，董氏善用爱用并有发明外，至于下臂、下腿、脚踝、脚背、肩峰等几乎无处不能放血，尤其是腰背部位，董师更是以之灵活运用治疗全身病变。

"Best location for bleeding: elbow pit, back of knee, lateral temple, sublingual part, twelve *Jing*-well points, *ShiXuan* (Extra 30) and the back of the ear". Master Tung conducted bloodletting on many parts of the body such as the forearm, leg, ankle, instep and acromion. He also performed bloodletting on the back and lower back to treat pathological changes of the whole body. He had investigated many medical books on the use of blood circulation to resolve Blood stagnation through ages and had a profound understanding of the following concepts listed in the *NeiJing*: "In protracted illnesses, impeded flow of *Qi* and blood in the channels is caused by disturbance in *Ying* and *Wei* systems", "accumulation of blood stasis is due to traumatic injury", "retention of pathogenic cold produces obstruction of the channels", and the saying by *YeTianShi*: "The channels and collaterals are impaired in chronic diseases". He advocated eliminating the protracted problem, dealing with blood first. When smooth circulation of the blood is restored, pathogenic wind is automatically removed. Based on these concepts, he treated various disorders by a three-edged needle, for example, bloodletting applied to

- *WeiZhong* (BL 40) for sciatica, low back pain, stiff neck, rheumatism of the lower limbs and hemorrhoids;
- *ChiZe* (LU 5) for stuffiness in the chest, asthma, peri-arthritis of the shoulder.
- *ZuSanLi* (ST 36) for gastric disorders, gastroenteritis;
- *TaiYang* (Extra 2) [corresponding to the location of *HanYan* (GB 4)] for migraine, dizziness, conjunctivitis;
- *SanJin* (DT.07) for knee pain, *JinLin* (DT.09) for thigh pain, *JingZhi* (DT.08) for leg pain, *ShuangFeng* (DT.05) for numbness of the hand and foot, *SanJiang* (DT.15) for gynecological diseases, *ZongShu* (1010.07) for children's high fever and vomiting.

This bleeding technique included: internal, external, gynecological, pediatric and traumatic problems. This bloodletting method was often applied to a spot far from the affected part, which was consistent with this theory: "using the distal points to do the bleeding". 董师对于历代有关活血化瘀文献多所涉猎，对于内经「病久入深，营卫之行澹、经络时疏，故不通」「有所堕坠，恶血留内」「寒气客则脉不通」等瘀血学说及叶天士「久病入络」之说颇有认识。主张师「宛陈则除之」及「治风宜治血，血行风自灭」之法，运用棱针点刺广泛治疗多种病变，例如以委中治坐骨神经痛、腰痛、项强、下肢风湿痛、痔疮；尺泽治胸闷、气喘、五十肩；足三里治胃病、肠胃炎；以太阳穴(相当于颌厌穴部位)治偏头痛、头晕、结膜炎；三金穴治膝痛；金林穴治大腿痛；精技穴治小腿痛；双凤穴治手脚麻；三江穴治妇科病；总枢治小儿高烧、呕吐……等，所涉范围可谓内、外、妇、儿、伤科全部包括在内。

董师之刺络针法最大特点在于取穴多半远离患处，正合乎古法正统之「泻络远针」，效果卓著而确实，反观时下点刺放血多取「阿是」或邻近穴位，效果未必突出，与董师相较，益见董师针术之高超。

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而董师之刺血又灵活寓有它法，例如在太阳穴(风袭高位)刺血能去风活血；在耳背刺血能清火活血；在背部(阳之所在)刺血能温阳活血；在委中刺血能利湿活血，在四花中、外(丰隆穴附近)刺血能化痰活血，在十二井刺血能开窍活血；其刺血疗法之灵活，也真是不胜枚举。

The Seasonal Treatment of Tung's Extra Points 治疗重视节气之配合

Although chronotherapeutics is a newly emerging branch of clinical medicine, as far as two thousand years ago in *Neijing*, there were many expositions about the essentials of chronotherapeutics and treatment according to seasonal conditions. For example, in terms of the seasonal rhythm, it says: "*Ying*-spring, *Shu*-stream, *He*-sea and *Jing*-well points are needled in spring, summer, autumn and winter respectively". It also says: "Liver, Heart, Spleen, Lung and Kidney problems occur mainly in spring, summer, long summer, autumn and winter respectively". Facing these universal disorders, my teacher Master Tung knew clearly the implications of this book, and he tended to give acupuncture to the points connected to the internal orders that are related to the disorders. For instance,

- in spring, he needled *MingHuang* (88.12), *TianHuang* (88.13), *QiHuang* (88.14);
- in summer *TongGuan* (88.01), *TongShan* (88.02);
- in autumn, *SiMaZhong* (88.17), *SiMaShang* (88.18), *SiMaXia* (88.19);
- in winter, *ShenGuan* (77.18), *RenHuang* (77.21), *DiHuang* (77.19).

时间治疗学(Chronotherapeutics)虽是新近崛起的一门临床科学，但远在二千年前的中医古籍「内经」中，却早已有较多的篇幅论述时间治疗学的要则，并提出了一些因时施治的方法，例如在季节治律方面曾说：「春刺荣，夏刺俞，秋刺合，冬刺井」，又说：「肝主春，……心主夏，……脾主长夏，……肺主秋，……肾主冬，……」，董师深体内经之意在面对全身泛发性的疾病时，常在与主旺之脏腑有关经穴施针，春日针三黄；夏季针通关、通山；秋天针驷马；冬天针下三皇等，都在临床常见。对于病久体虚病患，又常配合季节针其母经有关穴位，以收补虚之功。临床治疗痹症，极为重视季节与症状之关联性。

For debilitated patients, points on the mother channels are needled in accordance with the seasonal conditions in order to invigorate. The seasonal arthritis syndromes are in spring since wind prevails, so migratory arthritis is often seen, but in winter cold prevails and arthritis aggravated by cold is usually found. In summer and autumn, dampness prevails so non-wandering arthritis is often seen. Treating liver, spleen or kidney is mostly taken into consideration respectively. In view of the season in which a specific illness occurs, the other related internal organs are dealt with to cure quickly. 春日风胜多见行痹，冬日寒胜多见痛痹，夏秋湿令多见着痹。治疗或以肝为主，或以脾肾为主，各以该季当旺之脏为主，再结合其它有关脏腑治疗，收效至为宏速。此外亦常配合内经一日四时分刺法治疗多类疾病，例如治疗咳嗽，先针奇穴水金，再按内经「朝刺荣，午刺俞，夕刺合，夜刺井」原则，加针鱼际、太渊或尺泽等穴，每次仅取二穴，用针少却效果显著。至于子午流注，董师虽未明言其重要，但却认为于下午三~五时(申时)点刺出血，对膀胱经之病变(例如于委中点刺治疗痔疮)可收平时之加倍效果，其实这就是子午流注之纳子法的应用，这就说明了董师对于时间治疗学亦有相当的识。

In addition, acupuncture was given in different hours in a day. For example, according to *Neijing* mentioned, to treat cough, *Shuijin* (1010.20) was needled first, then *Yuji* (LU 10) or *TaiYuan* (LU 9) or *ChiZe* (LU 5). *Neijing* said that *Ying*-spring, *Shu*-stream, *He*-sea and *Jing*-well points are needled respectively in the morning, at noon, in the evening and at night. For each treatment, only two points were selected, but marked effectiveness was usually found. Although he did not emphasize the importance of the theory of "midnight noon ebb flow", he contended that when bloodletting was done from 3:00-5:00 PM, double effectiveness was achieved for pathological changes in the bladder channel. This shows that he understood the value of chronological therapy because he was able to

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use the theory of "Midnight Noon Ebb Flow" in practice. 个人平日针刺骨刺最常应用人中、后溪、束骨、复溜等穴，因此这类病人下午来针，效果较佳。因未时十二经流注至小肠经，申时流注至膀胱经，酉时流注至肾经，又未时任督流注开人中穴，下午恰值未、申、酉时，针这几个穴位与时辰流注有关，当然效果甚好。

Tung's Extra Points Therapeutics 董氏奇穴治疗发挥

One Channel Treats Many Channels 一经治多经

The classical text, *BiaoYouFu*, stated that one should use one channel to treat diseases of three channels. This statement means that when we needle one channel, we should consider the neighboring channels in making our selection. After studying with Master Tung and reviewing ancient texts, I began to understand that one channel and even one needle can be used to treat many channels. This perspective helps us understand that we address multiple aspects of a clinical problem with one needle. For example, in selecting a Large intestine point, we need to consider its paired *Yin* channel of Lung, its paired *YangMing* channel of stomach (i.e. hand-*YangMing* connecting with foot-*YangMing*) and its "Five *Zang* extra relationship theory" paired channel of liver (hand-*YangMing* connecting with foot-*JueYin*). Master Tung's points, *LingGu* (22.05) and *DaBai* (22.04) – both located on the large intestine channel – can thus treat disorders of the large intestines, tonify lung *Qi*, benefit stomach disorders and treat liver-related hemiplegia. 标幽赋说：「……取三经用一经而可正。」其原意是说针一条经络应顾及到左右的邻经，这样才不会针错经络，本人随董师学习，并融合古学加以发挥，定出「用一经必能治多经」之说，也就是说扎一经时应同时考虑能治到好几条经络，这样开阔视野，照顾整体，扩大应用范围，一针治疗多病。例如针大肠经穴位，要考虑到表里经的肺经，其次要考虑到有同名交经关系的足阳明经，也就是所谓的手阳明通足阳明，再其次五脏别通的大阳与肝通的肝经也要考虑进去，例如取用董氏奇穴灵骨，大白，因在大阳经上，可治大肠的病变，也可补肺气(因与肺经表里)，又因手足阳明相通，治胃经的病也有效，而董老师最常用来治半身不遂则又属肝与大肠通的运用。

One Point Treats Many Disorders 一穴多穴用

BiaoYouFu stated that we should select one point to correct five points. This phrase means that in selecting a point, we should consider upper and lower points (i.e. Five Elements and Mother-Son relationships) and points on the left and right neighboring channels for precise point selection. Personally, when I select a point, I need to consider the attributes of the organs, the channels, the five elements relationships, the Microsystems and the "Five *Zang* Extra relationship theory" to create precise effects influencing the whole system. For example, *LingGu* and *DaBai* – located on the large intestine primary channel – can effectively treat liver diseases such as hemiplegia and stroke via the "Five *Zang* extra relationship"; and can affect wood and fire functions, respectively, from the perspective of "Five element theory". *LingGu* is located close to *YangXi* (LI 5), the fire point, and *DaBai* (22.04) is proximal to *SanJian* (LI 3), the wood point. These points similarly affect *Shu*-stream and *Yuan*-source point functions. *Shu*-stream points treat heaviness of the body and joint point. *Yuan*-source points affect the *SanJiao*. Therefore, these points strongly generate *Qi* because of the large intestine's relationship with its *Yin* pair, the Lung, the commander of *Qi*; and they warm the *Yang*. Furthermore, from the Microsystems perspective, *DaBai* dominates the upper-*Jiao*, and *LingGu* controls the lower-*Jiao*. The combination of these points – *LingGu* and *DaBai* – mutually generates Metal and Water, tonifying *Qi* and nourishing *Yin*. These two points can treat many diseases and can be used to tonify or drain energy. 标幽赋说：「……取五穴用一穴必端」，它的意义是说：取一穴要上、下穴(同经五行及母子关系)左右(邻近经络)穴都要注意到，这样取穴才会准确，才会提高。个人则以为用一穴时必须考虑到脏象、经络、五行、全息、五脏别通……等关系，这样疗效才会确实，才会全面，才会提高。例如灵骨及大白穴，在经络属大肠，透过五脏别通可治

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肝经病变，因五行属木、火，效与木火穴有类近之处，治疗中风半遂甚效，穴性属俞原，俞主体重节痛，原与三焦之气相应，所以补气温阳之作用亦强，因大肠与肺经表里，这种作用就更强，而从目前之全息律来看大白主上焦、灵骨主下焦合用之则调理全身气机之作用极强极好。再从灵骨大白之命名来看又有金水相通，益气养阴之作用，可谓具备了治疗多种疾病的双向调节作用。

Mutual Guidance, Mutual Treatment 互引互治

A number of acupuncture points not only guide the flow of energy to the sites of pathology but actually treat the pathology. For example, needling *LingGu* on the same side on which a person has tennis elbow can guide the flow of *Qi* to the tennis elbow site; while needling the opposite side's *ShouSanLi* (LI 10) and *QuChi* (LI 11) can effectively treat the pathology associated with tennis elbow. But *LingGu* cannot only be used as a guide; it also can be used to treat tennis elbow. As another example, *ChengJiang* (Ren 24) can be used both to guide energy to the area of a stiff neck as well as to treat the stiff neck. We usually use *ChengJiang* with *ChongZi* (22.01), *ChongXian* (22.02) to treat stiff neck. 许多穴位是牵引针，也是治疗针。是治疗针也是牵引针，这样的穴位在应用时治疗效果尤其好，例如灵骨穴可治网球肘，也可用对侧手三里、曲池当治疗针，以同侧灵骨为牵引针，这样灵骨穴即可当牵引针，也有治疗作用，如此效果最好，又如承浆穴可治落枕、重子、重仙穴也可治落枕，用重子、重仙时加上承浆又作牵引，又当治疗针，这种用法治疗落枕效果最好。

Mutual Sharing of Functions among Points 夹穴多治

Some of Master Tung's extra points also share functions with primary channel points located near them. For example, *TongGuan* (88.01) and *TongShan* (88.02) – located between *BiGuan* (ST 31) and *YinShi* (ST 33) on the Stomach primary channel – have a close relationship with *FuTu* (ST 32), which separates the two points – can treat cardiac disorders. The *ZhenJiuDaCheng* (The Great Compendium of Acupuncture) describes *FuTu* as a meeting point of all blood vessels and *Luo* channels, indicating that this point strongly regulates the blood vessels, making it quite useful for cardiac disorders. This function can be surmised also because of the stomach primary channel's relationship with the pericardium channel. Of course, *TongGuan* (88.01) and *TongShan* (88.02) also powerfully regulate the stomach. As another example, *LingGu* and *DaBai* share some of the functions of *HeGu* (LI 4), a primary channel point that separates them; although they are slightly less effective than *HeGu* in providing these functions. As the Large intestine channel's wood point, *HeGu* can disperse liver *Qi* stagnation, making it quite useful in treating patients with post-stroke sequelae and hemiplegia. However, *LingGu* and *DaBai* are superior in treating post-stroke sequelae and hemiplegia; with *HeGu* performing them less strongly. As a command point for the face, *HeGu* additionally can treat Bell's paralysis when the patient has difficulty closing her eyes. 治疗时夹着它的穴及被夹的穴均有相关作用，例如通关、通山可治心脏病，这与它们二穴夹着伏兔穴有关，盖伏兔穴，针灸大成述其为脉络之会，此穴调整血脉之作用极强，也可治心脏病变。通关、通山夹伏兔穴而有此作用理应类似，当然通关通山位在胃经，透过胃与包络通及调理脾胃而有此种作用自有其道理。又如合谷在灵骨、大白之间，亦有灵骨、大白的作用，只是稍弱而已。而灵骨、大白夹合谷，合谷为大肠经(与肝通)的木穴，疏肝效果很好，治疗中风、半身不遂当然有效。在颜面神经麻痹，只有剩眼皮闭合不全时合谷甚效(口面合谷收)，这也因其与善治半身不遂的灵骨、大白穴夹其穴有关，当然有这种疏肝治中风的作用了。

Conclusion 结语

In the study of TCM, especially acupuncture and moxibustion, it is quite helpful to command profound knowledge of modern medicine. But if one divorces oneself from the theory of TCM, no achievement can be made. Hence, it is imperative to master the theory of TCM so that clinical acupuncture can be further developed. Master Tung proved this by his academic success and good clinical results. There is no doubt that in the past thirty odd years, acupuncture and moxibustion in Taiwan has flourished because of the hundreds of clinical

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teachings. Master Tung and the discovery and popularity of his extra points made this success possible. It is expected that the acupuncturists will cherish these gains and conduct extensive research on his extra points. I believe even more brilliant results and contributions will be obtained.

学习中医，尤其是针灸，能具备深厚的现代医学知识，当然更为有利，但设若脱离中医的学理，亦决不可能产生好的成绩。因此深入了解掌握中医原理将有助于针灸临床的更大发挥，董师的学术成就及临床效果，就是此一事实的明证。董师之针灸医术，浩如瀚海，深若渊壑，并不只前述几项，其它如精通掌诊、重视辨证论治，往往治疗不同病患，所针部位相同，而收效良好；取穴灵活机动，虽有定穴并无定点，常就病变反应取穴；用针精要，反对一病多针，要求一穴多病，临床从不超过六针，用针常在二、三针内，然每能针之至，立起沉痾，令人叹服。总之，董师景昌幼承祖学，专攻针灸，医术精湛，超迈前贤，个人得以入其门下，并承厚爱，尽授绝学，无限感念，仅就所学所知，举其荦荦大者于前，虽不能概括董师学术精华之什一……，但已足见董师学术之博大微奥。堪称当代针圣而无愧。

无可置疑的，三十年来，台湾针灸界虽是百家争鸣，各有发挥，但若无董师景昌的出现，及董氏奇穴的发明风行，这些成果不会显得如此突出。针灸界必须珍惜这份既有的成果，也希望各位能以即有的条件，从更广更深的角度来研究董氏奇穴，相信必能作出更辉煌的成就与贡献。

近几十年来，中国针灸迅速传遍世界，国内针灸界近几年亦有长足的进步，但董氏奇穴这块瑰宝，仍有待各位去发掘琢磨，扩大流传，使其更光辉的为世人健康作出更大的贡献。1999年元月于中华中医学说学理学会(时任该会理事长)

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Introduction

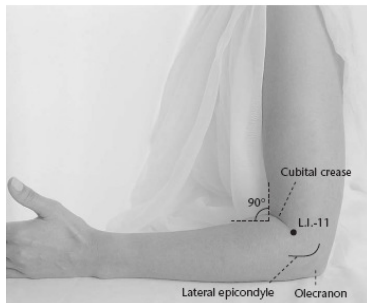
Essentials of Tung's Acupuncture Therapy

Tung's acupuncture therapy has now been popularized in many countries and regions such as Korea, United States, China and Taiwan, and the Tung's extraordinary acupuncture points are now listed together with the points of the fourteen channels and could even have better therapeutic results. Good commands of Tung's extraordinary acupuncture points may even help deepen the understanding to the acupuncture points of the fourteen channels.

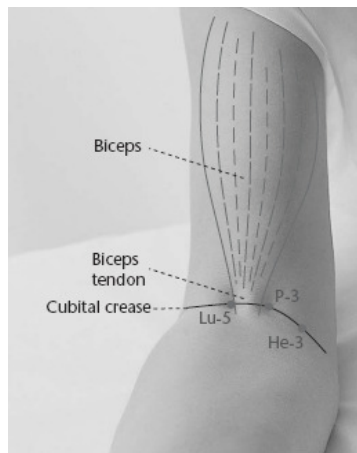
Then, what is the difference between Tung's extraordinary acupuncture points and the points of the fourteen channels? It is common knowledge in the profession that the points of the fourteen channels operate through the channels and collaterals:

1. Select the points along the diseased channel.
2. Select the points from the externally-internally related channel.
3. Select the points from the same-named channel of hand or foot.

In fact, in the use of the points of the fourteen channels, distal points are also often selected. As stated in the chapter "Ode to Elucidate Mysteries" (*BiaoYouFu*) of the book "*Compendium of Acupuncture and Moxabustion*" (*ZhenJiuDaCheng*): "To dredge the channels with distal points, needle the points on the foot to treat diseases of the head", "Using contra lateral insertion, needle the right points for left diseases". It means when a disease is located on the left side, we needle the points on the right side, and when a disease is located on the head, we needle the points on the leg and foot, and vice versa. The contra lateral selection of acupuncture points functions to balance the two sides of the body, while selection of the lower points to treat the upper disease functions to dredge the channels. The method of selecting the right lower points for left and upper disease and vice versa is known as *JuCi* (opposite needling). This method is often used in selection of the points of the fourteen channels as well as Tung's acupuncture.



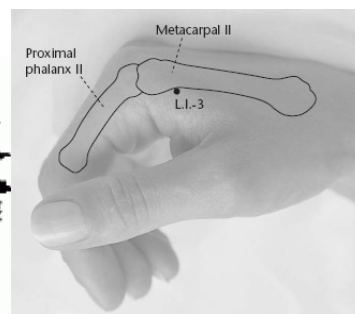
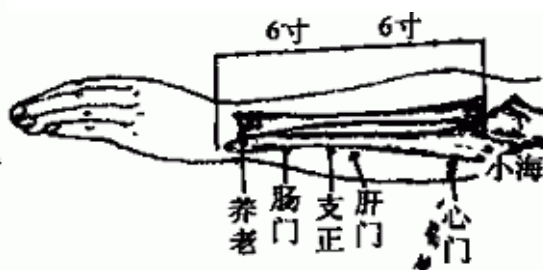
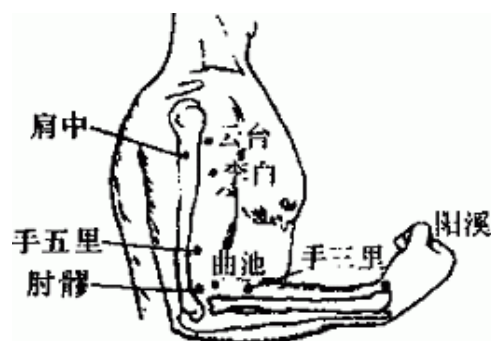
The core of the connotation of Tung's acupuncture is the extraordinary connection between the *ZangFu* organs. For instance, the Liver is connected with the Large Intestine. The Large Intestine channel runs on the hand and arm, and the Liver channel runs on the foot and leg. (Note: is it because *YangMing* and *JueYin* are related, or is it because the anatomical symmetry between the Liver and Large Intestine channel?) One pertains to *Yin* and the other pertains to *Yang*. One is a *Fu* organ and the other is a *Zang* organ. With such connection between the upper and lower, and the left and right, a balance is maintained. Therefore, the therapeutic effect of Tung's acupuncture is even better than just selecting the points of the diseased channel. Take *QuChi* (LI 11) as an example; since it is a point of the Large Intestine channel, it has very good therapeutic effect for diarrhea. However, it can also successfully treat vertigo, headache, Meniere's syndrome, and lower blood pressure. This is because the Large Intestine channel is connected with the Liver channel.



Here is another example, using *QuChi* for the treatment of tennis elbow. This point is not very close to the bone; however, if we needle this point closer to the bone, the therapeutic effect will be faster and better. This method is based upon the second important theory of Tung's acupuncture – Local Treatment – which includes "needling the bone to treat bone diseases." This method suggests that bone diseases must be treated by needling close to the border of the bone or into the bone. Chapter seven of the *LingShu* (*Miraculous Pivot*) explains the basis for this acupuncture method. *ChiZe* (LU 5) is located by the side of *QuChi* and close to

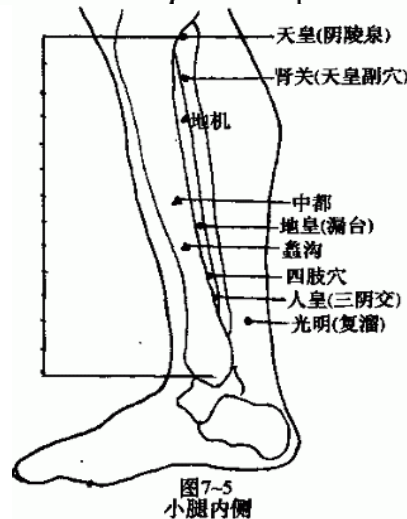
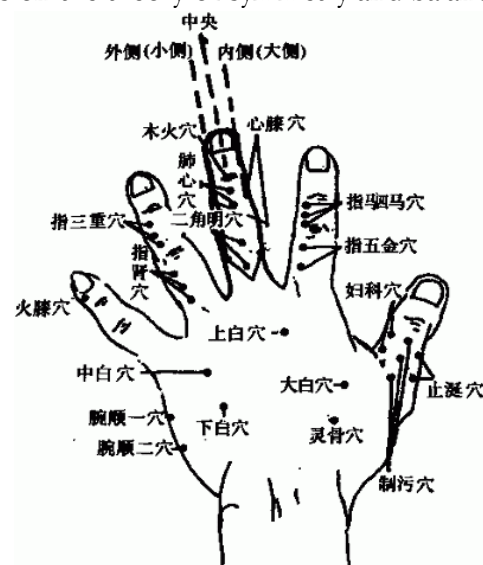
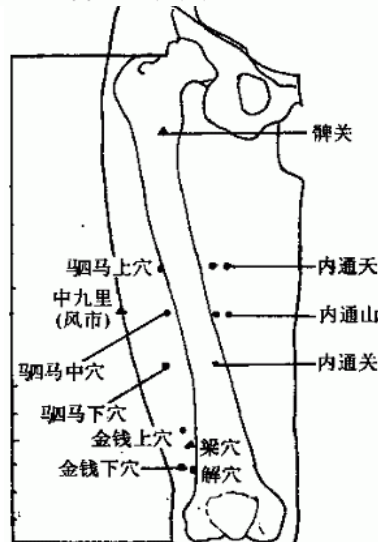
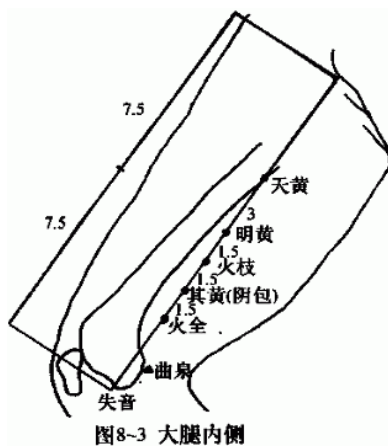
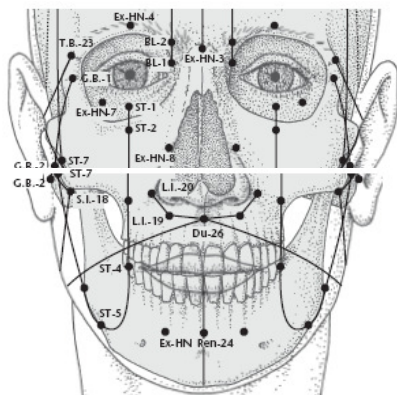
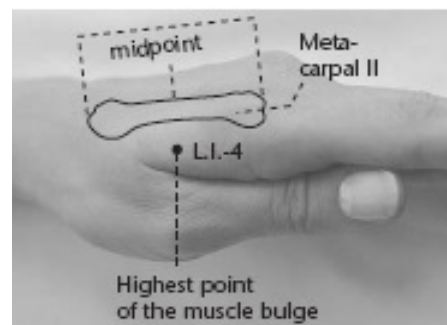
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the big piece of tendon. If we needle this point with its location close to the tendon, it can treat periarthrits of the shoulder with special effect. This is because dysfunction of the shoulder in raising arm is a disease of the tendon and "needling tendon can treat tendon diseases". In Tung's acupuncture, the therapeutic effect of "needling the bone for bone diseases", "needling the tendon for tendon diseases", "needling the vessel for vessel diseases", "needling the muscle for muscle diseases" and "needling the skin for skin diseases" gives remarkable results, and is a distinct feature of this work.



A detailed introduction to the extraordinary connections between *ZangFu* organs will be given later in the book. The theory derives from the *Neijing* (*Yellow Emperor's Inner Classic*). A deeper study will reveal originations of these theories in the *Yijing* (*The Book of Changes*). Without the *Yijing*, there would be no channels and collaterals theory. *Yijing* is the origin of the theory of channels and collaterals. More studies on the theory of symmetry and balance in *Yijing* will help you become a master of acupuncture.

While the extraordinary points are



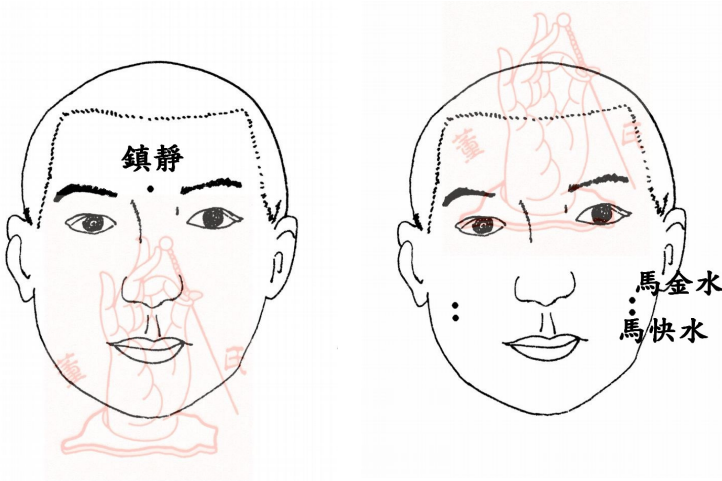
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the focus of Tung's acupuncture, the theory of five elements is still used. Studies on the Five *Shu* points may assist in the practical use of Tung's extraordinary points.



Holography is another important principle in Tung's system. Master Tung considered that each part of the body has correspondence to the Triple Energizers (*SanJiao*), the upper, middle and lower burner. Take the forearm as an example, its anterior part corresponds to the Upper Energizer (*ShangJiao*) and can therefore treat diseases of the head and face; its middle part corresponds to the Middle Energizer (*ZhongJiao*) and can therefore treat diseases of the Middle Energizer, and points *GanMen* 肝门 (33.11) and *ChangMen* 肠门 (33.10) are located in this part; its posterior part corresponds to the lower energizer and point *XinMen* 心门 (33.12) is located in this part and

can be selected to treat coccygeal pain and knee joint pain. Point *YunBai* 云白 (44.11) and *LiBai* 李白 (44.12) are located on the posterior part of the upper arm and can be selected to treat women's diseases. The second metacarpal bone is also divided into three parts corresponding to the Triple Energizers. Point *SanJian* (LI 3) corresponds to the Upper Energizer and is good at treating diseases of the head and face; *Hegu* (LI 4) corresponds to the Middle Energizer and is good at treating gastrointestinal diseases (the medical classics also state that it is useful for treating diseases of the head and face). *LingGu* 灵骨 (22.05) corresponds to the Lower Energizer and is good at treating diseases of the Lower Energizer such as lower back pain, sciatica and heel pain.



The head is also divided into three parts corresponding to the Triple Energizer. Point *YinTang* (Ex-HN-3) and *ZhenJing* 镇静 (1010.08) are in the Upper Energizer and can therefore calm the mind; *RenZhong* (DU 26) and *MaJinShui* 马金水 (1010.13) are located at the junction of the Middle and Lower energizers and are therefore good at treating lower back pain; Point *ChengJiang* (REN 24) is located in the Lower Energizer and can be used to treat amenorrhea. (Point *ChengJiang* is the crossing point of hand and foot *YangMing* channels and the *Ren* channel. It is connected with perineum and can regulate *Qi* and Blood and thus the therapeutic effect.)

On the thigh, three points corresponding to the Triple Energizer are often selected together to treat the Upper, Middle, and Lower Energizers simultaneously such as the Upper, Middle and Lower point *Sima* 驷马中, 上, 下 (88.17,18,19) and *TianHuang* 天黄 (88.13), *MingHuang* 明黄 (88.12) and *QiHuang* 其黄 (88.14). Point *ShenGuan* 肾关 (77.18) on the leg corresponds to the Upper Energizer and is good at treating headache and periarthrititis of the shoulder; Point *RenHuang* 人皇 (77.21) is located in the Lower Energizer and *DiHuang* 地皇 (77.19) in the Middle Energizer. The combination of the three points in application can treat diseases of all the three Energizers simultaneously. Point *DaDun* (LR 1) and *YinBai* (Sp 1) are all located at the distal end of the foot and they are therefore good at treating diseases of the lower part of the body. For instance *DaDun* is good for hernia and impotence, and selection of both treats uterine bleeding (Hematuria).

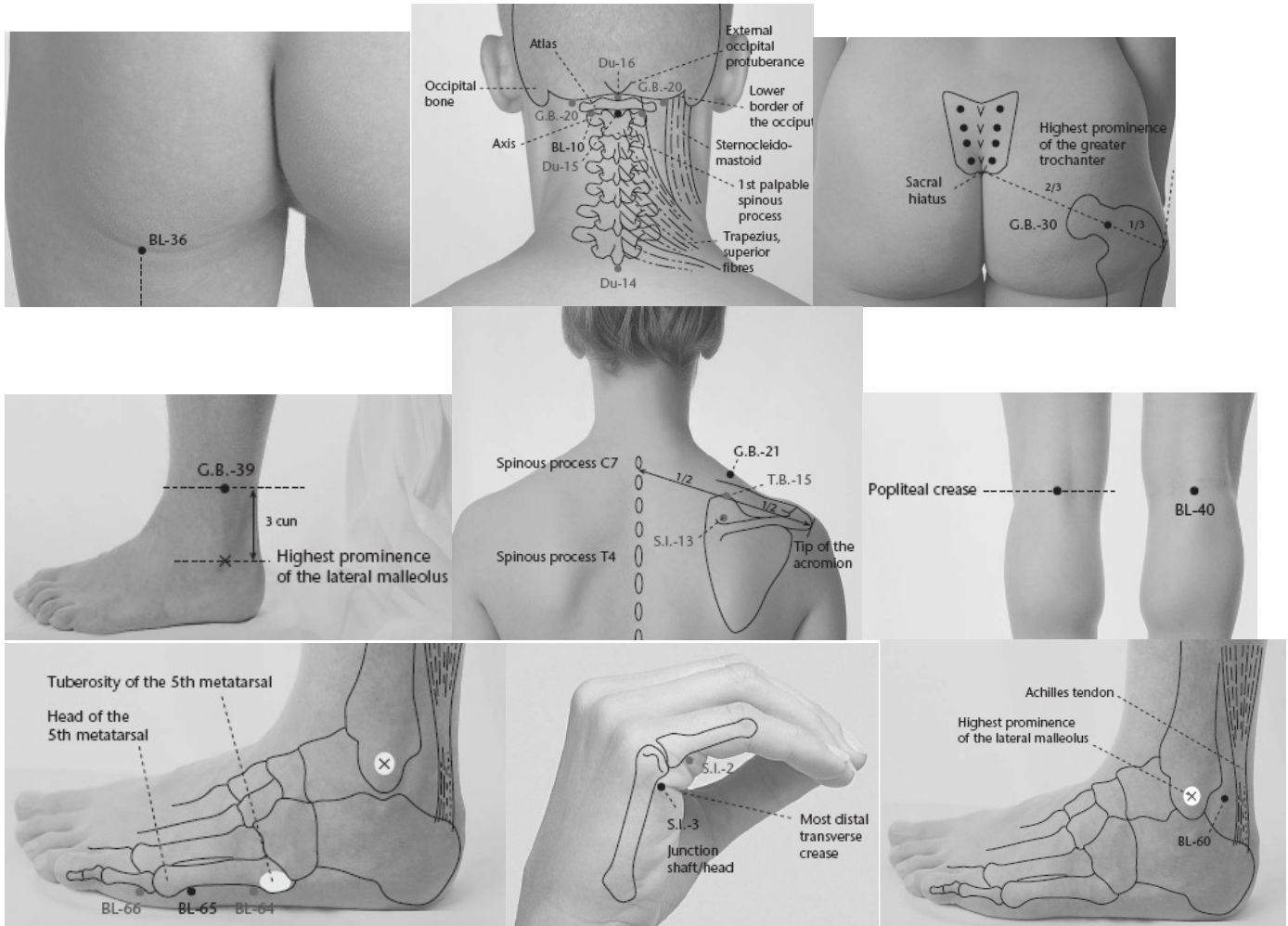
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Further introduction to the difference between Tung's extraordinary points and the points of the fourteen channels

More than once I have emphasized that it is important to understand the title of Master Tung's first book "Tung's Extraordinary Acupuncture Points and the Points of the Regular Channel". The "regular channels" here refer to the fourteen channels. It implies the connections between Tung's Extraordinary Acupuncture Points and the points of the 14 channels. Tung's extra points are different from other extraordinary points, which don't have their own system and mechanism.

Like the points of the 14 channels, Tung's extra points are also often selected from the diseased channel, the same-named channel or externally-internally related channel. The principle in selection follows that in application of the fourteen channels. It is most important to attach importance to the connections between *ZangFu* organs. To go deep in the study on such connections will give great help to the application of the theory of *Treatise on Attack by Col (ShangHanLun)* and *Warm Diseases (WenBing)* and treatment of difficult problems.

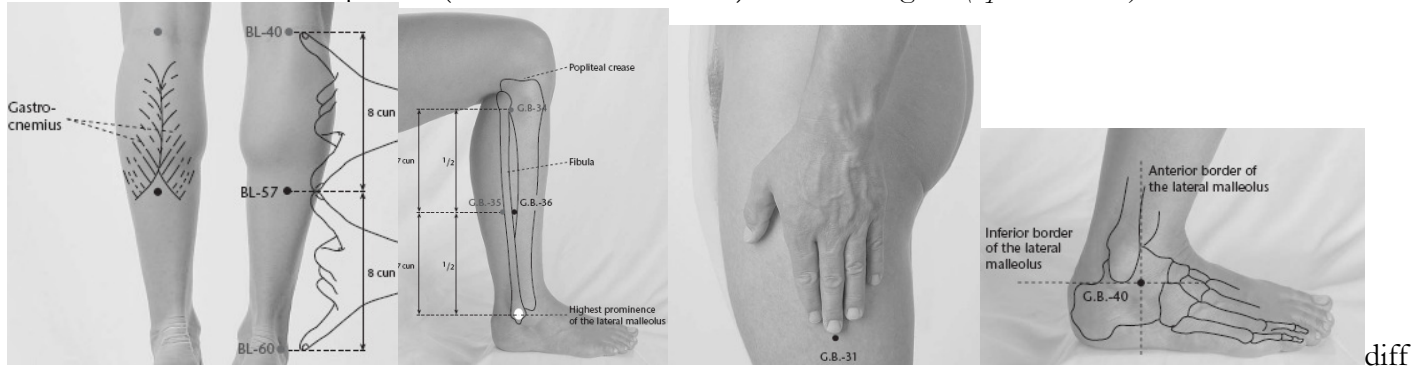
Chinese medicine takes the human body as integrity. The fundamental theory of acupuncture and that of *ShangHanLun* are the same. Only when you have a good command of internal medicine, can you raise your acupuncture treatment to a higher level.



Another characteristic of Tung's extra points is that they affect not the points needled but cover a large area and thus the therapeutic effect is faster and better than that of the points of the 14 channels. Take neck sprain as an example, which is clinically characterized by pain of the head, shoulder and upper back at the same time and

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difficulty of the neck in rotation. How do we treat neck sprain with selection of the points of the fourteen channels? It is stated in chapter 26 (Miscellaneous Diseases) of book *LingShu (Spiritual Pivot)*: "In case of



difficulty of the neck in flexion and extension, needle the UB channel of the foot *TaiYang*; in case of difficulty of the neck in rotation, needle the SI channel of hand *TaiYang*." Dr. ZhangJingYue of the Ming dynasty considered the point of the hand *TaiYang* channel for neck sprain should be *HouXi* (SI 3) and that of the foot *TaiYang* channel should be *KunLun* (BL 60). Selection of *HouXi* is correct, while *KunLun* is incorrect and its therapeutic effect is poor. Why? It is stated in chapter 68 of book *NanJing (The Classic of Difficulties)*: "*Shu* stream points are indicated in heaviness of the body and pain of the joints." The *Shu* stream point of the *Yin* channel pertains to earth and is related to the Spleen and its functions of: transformation and transportation, in this case, of water and damp. The *Shu* stream point of the *Yang* channel pertains to wood and is related to the Liver; it maintains free flow of Qi and dispels wind. Heaviness of the body and joint pain often result from wind and damp. The *Shu* stream point of *Yang* channel pertains to wood and is more closely related to the tendons. Difficulty in rotation of the neck must be related to the tendons, and therefore point *ShuGu* (BL 65) should be needled which pertains to wood and is *Shu* stream point, not *KunLun* which is a *Yuan* source point and pertains to fire.

Neck sprain may also present discomfort at point *JianJing* (GB 21), in which *ShaoYang* channel is involved. Some doctors often select point *XuanZhong* (GB 39) to treat neck sprain but cannot cure the problem in one treatment. Neck sprain is a small problem and covers multiple channels. However, in Tung's acupuncture, with selection of *ChongZi* (22.01) and *ChongXian* (22.02), a single treatment may resolve the problem quickly. If point *ChengJiang* (REN 24) is added, the therapeutic result will be even better. In the most of the classical medical odes, the selection of *ChengJiang* for rigidity of the neck is mentioned. Selection of this point for neck sprain is actually based upon the theory of correspondence between the anterior and posterior. Use the anterior point *ChengJiang* to treat posterior neck rigidity. Master Tung also often selected the posterior point *ZongShu* (1010.07) which is between *FengFu* (DU 16) and *YaMen* (DU 15) to treat hoarse voice, nausea and vomiting and dysphasia in the front. It is one of the important needling techniques of Master Tung.

The method of selecting one point for multiple channels and areas is often seen in Tung's acupuncture. Take sciatica which is commonly seen as another example. Generally *HuangTiao* (GB 30), *ChengFu* (BL 36), *ZhiBian* (BL 54) and *FengShi* (GB 31) are selected with some additional points along the affected channels such as *WeiZhong* (BL40), *ChengShan* (BL 57) and *KunLun* when *TaiYang* channel is involved and *YangLingQuan* (GB 34), *XuanZhong* (GB 39) and *QiuXu* (GB 40) when *ShaoYang* channel is involved. This method uses more points with less effect. If both *TaiYang* and *ShaoYang* channels are involved, points of both channels have to be selected, altogether more than ten needles are used and the results may not be satisfactory. In some cases of sciatica, there is pain radiating to the groin and medial aspect of the thigh where *Yin* channels are distributed. In this case even more needles are used. When multiple channels are affected in pathological conditions, selection of Tung's extra points is an improvement because it uses lesser needles and the results are typically better. For these forms of sciatica, select the two points, *LingGu* and *DaBai* on the opposite hand in order to obtain immediate analgesic effect for all channels of the *TaiYang*, *ShaoYang* and *JueYin* channel. Additionally, these points are distal and therefore safe and convenient. Though the method is simple, the connotation is deep. From these two case examples we can see the difference between Tung's extra points and points of the fourteen channels.

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Question: What is the *QianXin* (Guiding) needling method? How is it applied?

Answers: It is a needling method that is used to attract the *Qi* flowing to the desired area. It is based on the theory of "attracting effect." If we needle two points at the same time and then withdraw one needle, the *Qi* of the other point will be attracted and flows towards and finally arrives at the area of the withdrawn needle. If you give a short stimulation to one of the two points, the *Qi* will flow towards the retained needle. This is the basic mechanism of the attracting needling technique. If you want to go deeper into this method, you could read my book *ZhenJiuJingWei* (The Strategy of Acupuncture). In the chapter "Tung's Extra Acupuncture points", there is an introduction to "Tung's Commonly Used Three Needling Methods".

第二節 倒馬針法

倒馬針法，為董師所創用之一種特殊針法，係利用兩針或三針並列之方式，加強療效的一種特殊針法，奇穴與十四經穴均可利用此一針法，此一針法亦常與動氣針法結合使用，療效顯著。

具體操作是：(一)先在某一穴位施針（如內關）。(二)然後取同經鄰近穴位再刺一針（如間使或大陵），這樣就形成了所謂的倒馬針，(三)在倒馬針的基礎下可用補瀉法，也可用動氣針法與之配合，加強療效。

這種鄰近兩針同時並列的針法，較之散列的多針的效果，是來的較大而確實的，在內關取穴施針之效果如果等於一分，加取間使穴便成並列之倒馬針，則其效果並不只是二分的增加，而可能是三分或五分，究其原因，可能是有互助合作，一鼓作氣的強化作用。

全身有很多地方都可使用倒馬針以增強療效，如內庭、陷谷合用對腸胃病有很大效用，針內關、間使治心臟病有特效，支溝、外關治脇痛、小腿痛、坐骨神經痛；手三里、曲池治頭暈、鼻炎、肩臂痛、腰膝痛，其它如合谷、三間倒馬針，復溜、太溪倒馬針，申脈、金門之倒馬針……等不勝枚舉，可以推廣使用，一般而言，以特定穴（五輪原絡都會）為主針，再在鄰近取穴配針，效果尤其顯著。

第三節 牽引針法

牽引針法的作用在疏導平衡並用，取對側遠處另一端之穴位與同側遠處另一端之穴位形成相互牽引的形態，仍然不取近處穴位，使其可以「動引其氣」，痛點在兩穴中央，兩穴相引，必然通過痛點，由於「通則不痛」，立即可以抑止疼痛而達到治病之目的。這是個人在多年臨床經驗中，根據動氣針法的基礎所研用的一種特殊針法，效果之佳，較動氣針法尤有過之，而無不及。

具體操作是：(一)先在健側遠端選取穴位。(二)再在患側另一端選取一穴，(三)然後在兩端同時捻針，使兩針互相感應。(四)令病人痛點稍微活動或按摩後，再稍微捻針，痛可立止，也有許多病人，當在兩端穴位施針時，未用手法即已止痛，這就是兩穴相互感應的關係，(五)收效後按情況決定出針或留針，留針時，中間需頻頻或定時捻針以催氣。

這種針法施用簡單，效果良好，因比在這裡介紹出來，以便推廣使用，例如左肘痛，可在右側風市刺一針，再在左側合谷刺一針，可立止肘痛；又如右肩痛，可在左豐隆取穴，再針右側中渚，可以立止肩痛。再如左膝蓋痛，可取右側內關，再取左側太沖，可立止膝痛。(一般而言，牽引之疏導穴，取患側該經之俞穴為主)

最好是能夠配合經絡取穴，施行牽引，效果尤佳，例如肩痛除在對側遠處施針治療外，如屬陽明部位，則以同側合谷取穴牽引，如屬側肩痛（少陽部位），則在中渚牽引，如後肩痛（太陽部位），則在後溪牽引。其它各種疼痛，均可以此類推。

以上都是很好的實例，也正附和了內經「上有病而下取之（遠取以疏導）」，左有

一膝，捻右側內關針，活動左膝，其作用仍然是對側交互影響的。
牽引針法，也可以與倒馬針法合用，效果亦佳，例如左側坐骨神經痛，可針右側奇動右穴大白、靈骨，再針左側申脈一針。靈骨、大白相互構成倒馬，但它們與申脈卻形成牽引。(患側肢端俞穴為牽引穴，健側遠端為治療穴，取穴見下篇治療篇)。

Following are few case examples often seen in the clinic and they might help you better understand this method.

Take knee joint pain as an example; needle the therapeutic point on the healthy side first. In this case, the needle is inserted into *NeiGuan* (PC 6) or *XinMen* (33.12) which are on the healthy side, then needle a distal point on the diseased side as the attracting point. If the pain is on the stomach channel, needle the *Shu* stream point of the stomach channel which is *XiangGu* (ST 43); if the pain is medial, along the path of the liver channel, needle *TaiChong* (LR 3), the *Shu* stream point of the liver. In this way, *NeiGuan* and *TaiChong* (or *XiangGu*) form an attracting group. The *Qi* of *NeiGuan* and that of *TaiChong* attract each other and the flow of *Qi* must pass through the painful area. This method is very effective in the treatment of knee joint pain. During treatment, if the patient can make some local exercise, then the therapeutic effects will be improved. If no exercise is made by the patient, treatment is still effective and better than local massage.

The *Shu* stream points of various channels are typically used for the attracting points. As stated in chapter 68 of the book *NanJing*: "*Shu* stream points are indicated in heaviness of the body and pain of the joints." The *NeiJing* also states, "When pain in a disease aggravates and alleviates alternatively, *Shu* stream point should be needled."

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An example of this is the pain caused by cancer which tends to fluctuate. *Shu* stream points in the *Yang* channels correlate with wood while on the *Yin* channels, it is earth. Wood dominates tendons and earth dominates muscles, therefore these points give good results in the treatment of muscle and tendon, heaviness of the body and joint pain in particular.

For shoulder joint pain, needling *ShenGuan* (77.18) can be very effective. Once the needle is inserted into the point, the pain is typically alleviated immediately. In addition, the corresponding *Shu* stream point should be selected for better result according to diseased channels. That is to select the *Shu* stream point *SanJian* for *YangMing* channel, *ZhongZhu* (SJ 3) for triple energizer channel and *HouXi* for *TaiYang* channel.

For sciatic pain, we often use *LingGu* (22.05), *DaBai* (22.04) on the healthy side to treat multiple channel involvement. To these, add the *Shu* stream points as attracting points: *SanJian*, *ZhongZhu*, and *HouXi* on the diseased side. Even if the patient cannot exercise due to pain, the treatment is still effective because the attracted *Qi* flows through the diseased area. Massage is not indicated for the attracting method since it may lead to local tissue fatigue and aggravate the pathology.

The *QianYin* (Guiding) technique has another advantage: the use of *JuCi* (contra lateral needling). In such treatment, points are selected from both the upper and lower, and the left and right to dredge the upper and lower and balance the left and right. The *QianYin* needling method is that I derived from Tung's *DongQi* (active *Qi*) needling method. In general, the selection of one point from the diseased channel is sufficient.

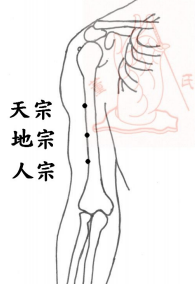
Selecting a point from diseased channel can be very effective. The ancient physicians often selected *Shu* stream point to treat pain which can serve as the main point or the attracting point. Typically, *ZuSanLi* (ST 36), *YangLingQuan* (GB 34), *LiangQiu* (ST 34), or similar points are selected for knee joint pain. However, *TaiChong* is mostly selected for knee joint pain in ancient classics. Now we select this point plus *NeiGuan*, one upper and one lower, to obtain both therapeutic and attracting effect, which is incomparable.

Another example is tennis elbow. Puncture point *QuChi* and *ShouSanLi* (LI 10) on the healthy side first as therapeutic points, and then needle *LingGu* as the attracting point. Then ask the patient to exercise the disease elbow in order to obtain very good therapeutic effects. *LingGu* is taken as attracting point in this instance; it also serves as a therapeutic point.

Depth of insertion and retention of needles

Needling a point with correct location might not have the desired effect: this is because of incorrect insertion depth. There is an ancient saying in Chinese medicine, do not divulge the secret: for herbal medicine, it is the dosage and for acupuncture it is the depth of insertion. Therefore, great importance should be attached to the depth of insertion.

Point *ZuSanLi* can treat many diseases of the body. However, there is not much information regarding therapeutics related to the depth of insertion. Generally speaking, needling this point with the depth of 0.5 to 1 *cun* (heaven) treats pain or other diseases of the leg; needling this point with the depth of about 1.5 *cun* (man) can treat diseases of the Spleen and Stomach and other middle energizer diseases, and needling this point with deep insertion (about 2 *cun*) with long needle retention is very effective for heart disease and asthmatic breathing. This point is also very effective for facial paralysis, however, the depth of insertion should be at least 2 *cun* with the needle directing obliquely upward.



In chapter "Channels and Points" of the book *DongShiQiXue* (Tung's Extraordinary Acupuncture Points), the description of the first point *DaJian* (11.01) says: "Needling the point with the depth of 0.1 to 0.2 *cun* treats pathological changes of the heart; needling the point with the depth of 0.2 to 0.3 *cun* treats diseases of the small intestine, hernia and knee joint pain. The point is needled unilaterally on the healthy side." At the very beginning, Master Tung attached the importance to the

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depth of insertion and put forward the principle of contra lateral needling. In the description of the second point *XiaoJian* (11.02), he also says: "Needling the point with the depth of 0.1 to 0.2 *cun* when a half *cun* needle is used treats diseases of heart and lung; needling the point with the depth of 0.2 to 0.25 *cun* treats hernia and knee joint pain." In the description of point *DiZong* 地宗 (44.09), he says "Needling this point with insertion of 1 *cun* treats mild diseases and 2 *cun* treat severe diseases." In the description of *DiShi* 地士 (33.14), he says: "Needling the point with insertion of 1 *cun* treats asthmatic breathing and 1.5 *cun* treats heart disease." The above mentioned are just few examples and the other Tung's extra points are also needled following the same principle.

Master Tung's theory of insertion depth has various theoretical bases and the most important is that "Shallow insertion is indicated in local or adjacent diseases and deep insertion is indicated in distal diseases." It means shallow needling treats near and new diseases and deep needling treats distal and old diseases. This principle can also be applied in acupuncture points of the fourteen channels. Take *HouXi* as an example, needling this point with the depth to the heaven can treat the upper diseases such as facial spasm, trigeminal neuralgia and rigidity of the neck; needling this point with the depth to the man can treat lower back pain; and needling this point with the depth to the earth can treat sciatica and pain of the lower limbs. In general, the main cause of the therapeutic effect of either the acupuncture points of the fourteen channels or Tung's extra points is the depth of insertion.

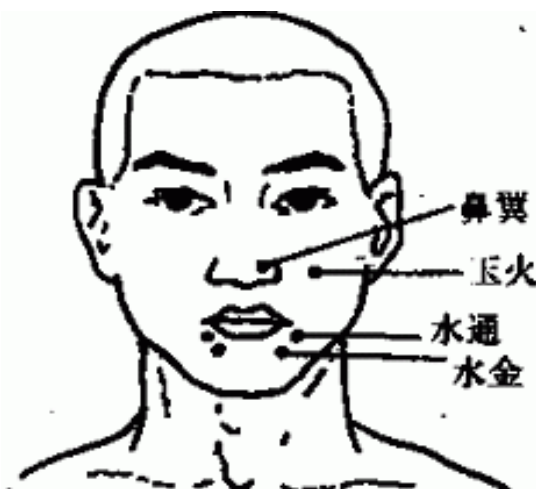
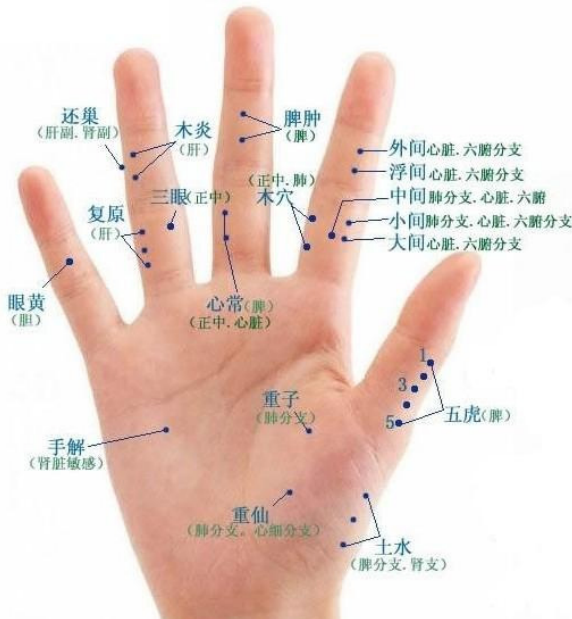
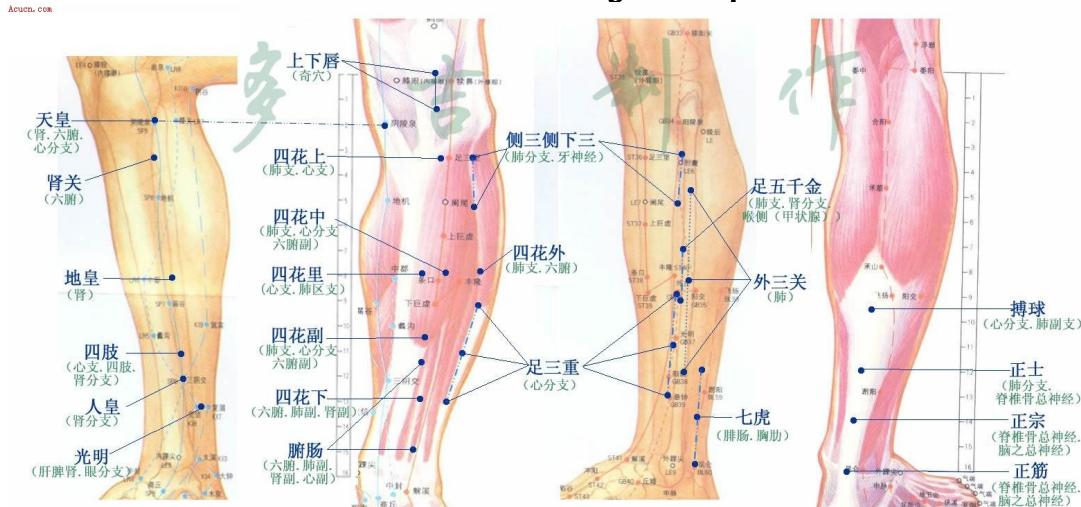
Once the depth of insertion is well controlled, a single point may act as several points, saving the number of the points to be selected and the time of treatment. During last thirty years of practice, I have treated tens of patients daily in average and sometimes over one hundred patients per day. This would be impossible if I hadn't selected fewer points and used few needles for each treatment. On average, I use four needles per patient (not more than eight needles and minimally one needle). The points should be selected as minimally as possible and flexibly.

I attended the national acupuncture conference of America in Washington D.C., and gave a lecture on "The Twelve Commonly Used Points of the 14 Channels." The introduction to the twelve commonly used points of the fourteen channels is based upon the summary of the experience of ancient physicians and ancient classics as well as that of my own. The introduction to the twelve frequently used Tung's extra points is based upon the summary of master Tung's experience and that of my own obtained during my clinical practice over last thirty years. These points are essential in clinical practice. A good command of the twenty four points may help treat pathological changes of the whole body. These points will be introduced in the related chapters.

Lastly, I would like to talk about needle retention. Master Tung typically retained the needles for 45 minutes. This is based upon the *LingShu* which states that one whole circulation of *Qi* and Blood in the body takes twenty eight minutes and forty eight seconds. To make it more convenient in calculation, we take it as 29 minutes, and 30 minutes even better. The ShangHai Journal of Traditional Chinese Medicine published one article in 1980 mentioning that the highest pain threshold was achieved with needle retention for between 40 and 50 minutes at point *HeGu*. It can be seen that the author of that articles and Master Tung coincidentally had the same idea. I often retain needles in points for 45 minutes. In case there are not enough beds or the patient is in a hurry, the needles should be retained for at least 30 minutes. The duration of needle retention should be prolonged for chronic conditions, severe diseases, cold syndromes and acute abdomens. I will retain needles for 60 minutes in cases of facial paralysis; 90 minutes could be even better. Thirty years ago, I saw a senior TCM doctor retaining needles in points for 2 hours in treatment of Heart disease and chronic asthmatic breathing. In the industrial and commercial times, people are busy and it is difficult to retain needles for 60 minutes and such long needle retention is rarely seen.

Tung's system is remarkable. Following is the application of Tung's extraordinary point in treatment of various kinds of diseases.

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I like to supplement points of the fourteen channels with Tung's major points. Generally speaking, *DaBai* and *SanChaSan* may immediately stop pain. In addition, *SanChaSan* is one of the frequently used 10 important Tung's extraordinary points; it is also a very good point for the common cold. It is located on the course of Triple Energizer channel of hand *ShaoYang* and improves immunity. It is very close to *YeMen* (SJ 2), which is the *Ying* spring point of the Triple Energizer (*ShaoJiao*) channel. It is stated in the book *Neijing*: "Ying spring and *Shu* stream points are indicated in disorders of external channels." It is therefore a commonly used point for exogenous diseases. For headache due to common cold, this point plus *DaBai* is sufficient. *DaBai* is located on the same level of *SanJian* (LI 3). Needling this point along the border of the bone may stop headache quickly. Further, *DaBai* is located on the course of the large intestine channel and the large intestine is externally-internally related to the lung has therefore good therapeutic effect for diseases of the lung. Thus, it has remarkable effect in treatment of headache due to cold. According to the theory of holography, *DaBai* is located on the area of head and face. It is close to *SanJian* which pertains to wood. *DaBai has the same property and it is therefore effective for Liver* (wood) and wind diseases.

According to the theory of connections between *ZangFu* organs, the liver is connected with the large intestine. Therefore the points are also effective for headache due to liver disorders. In conclusion, *SanChaSan* plus *DaBai* has special effect in treatment of headache due to cold, and is also effective for general headache. *SanChaSan* combined with *TuShui* 土水 (22.11), they work together to treat sore throat very effectively.

SanChaSan is also a special point for relieving fatigue. Another point for fatigue is *BiYi* 鼻翼 (1010.22). If somebody is sleepy

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or tired, the two points may be needled. The same treatment can be used for driving long distances since it heightens the spirit.

I have another story about point *SanChaSan*. There was a *GongFu* competition in Taiwan in 1975 and I was one of the judges, taking a rest at the site. One of the athletes came to me because he was suffering from shoulder pain. I needled *SanChaSan* for him. After needle retention for 30 minutes, the pain was relieved. Right after that he went to the competition and he didn't feel tired when he finished the first round. By the second round, he was more and more competent and finally won the game and became the champion. *SanChaSan* is a very effective point for fatigue relief. It is also an important point for disorders of the five organs. It can be selected for all the disorders of the five sense organs, based upon the theory of holography.

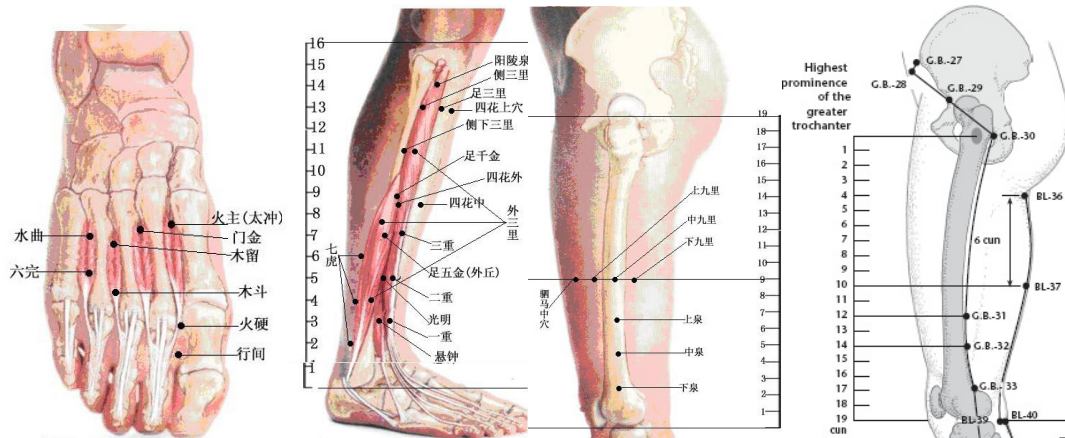
I once gave lectures in San Francisco and one audience who was a female doctor at present was suffering from an attack of allergic rhinitis. I needled *SanChaSan* for her and the running nose immediately stopped. This point is a very good point for disorders of the five sense organs. For shoulder pain, it is advisable to needle this point on the diseased side, and in case of pain of the thigh, it is advisable to needle the point on the healthy side. It also has very good therapeutic effect for nausea, vomit, neck sprain, hypochondriac pain, lower back pain, palpitation and itching of the skin due to various kinds of allergy.

I would like to return to headaches. I want to emphasize that the first points to select for headaches are *DaBai* and *SanChaSan*. The combination of these two points is extremely effective. The second points are *CeSanLi* and *CeXiaSanLi* plus *ShenGuan*. They are also very good, since the first two points are located between *YangMing* and *ShaoYang* channels and they are therefore able to treat disorders of the two channels such as *YangMing* and *ShaoYang* headache. *ShenGuan* governs the kidney, which is externally-internally related to the urinary bladder and it is therefore effective for *TaiYang* headache. It is also good for various kinds of chronic diseases because prolonged illness will finally affect the kidney. If, on the basis of this, *LingGu* is added, the analgesic effect will be even heightened. Besides, Master Tung has another special method to treat headache. That is to bleed point *TaiYang*. Even if the headache is prolonged and chronic, one treatment may obtain remarkable effect. The maximum duration for cure will not go beyond 2-3 treatments.

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Migraine 偏头痛

1. Needle *CeSanLi* and *CeXiaSanLi*. They have good therapeutic effect. 针侧三里、侧下三里，效果甚佳。
2. Needle *ZhongJinLi* 中九里 (88.25) (point *FengShi* 风市 GB 31). This result is also good. 针中九里（风市），效果亦佳。
3. Pricking *SanChong* 三重 (77.07) and *SiHuaWai* 四花外 (77.14) to cause bleeding may immediately stop pain. 三重、四花外穴，用三棱针点刺放血，亦可立止疼痛。
4. If the pain is at *TaiYang*, needling *MenJin* 门金 (66.05) is very effective. 太阳穴部位疼痛，针门金效果甚佳。
5. Blood-letting *TaiYang* has special effect for chronic migraine, one treatment in mild case and 2-3 treatments in severe case may cure the condition.
6. Needle *ShuiQu* 水曲 (66.09)



Occipital Headache 后头痛

1. Blood-letting *ChongXiao* 冲霄 (DT 17) may immediately stop pain. 冲霄放血，立止疼痛。
2. Needling *ZhengJin* 正筋 (77.01) and *ZhengZong* 正筋 (77.02) may also have good effect. 针正筋、正宗效果亦佳。
3. Blood-letting *WeiZhong* (BL 40) is very effective for chronic posterior headache.



Now let's discuss migraine. *CeSanLi* and *CeXiaSanLi* are effective for the disorders of *YangMing* channel. They also have therapeutic effect for migraine. Since *CeSanLi* and *CeXiaSanLi* are located between *YangMing* and *ShaoYang* channels, they are able to treat pain of the two channels. If the pain is located on the *YangMing* channel or at *TaiYang*, needling point *MenJin* would be enough, which is located behind point *XianGu* (ST 43). It is

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needled along the border of the bone. If *MenJin* is not found, *XianGu* can also be selected because it is the *Shu* stream point of the *YangMing* channel, which is indicated in heaviness and pain of the body and joints.

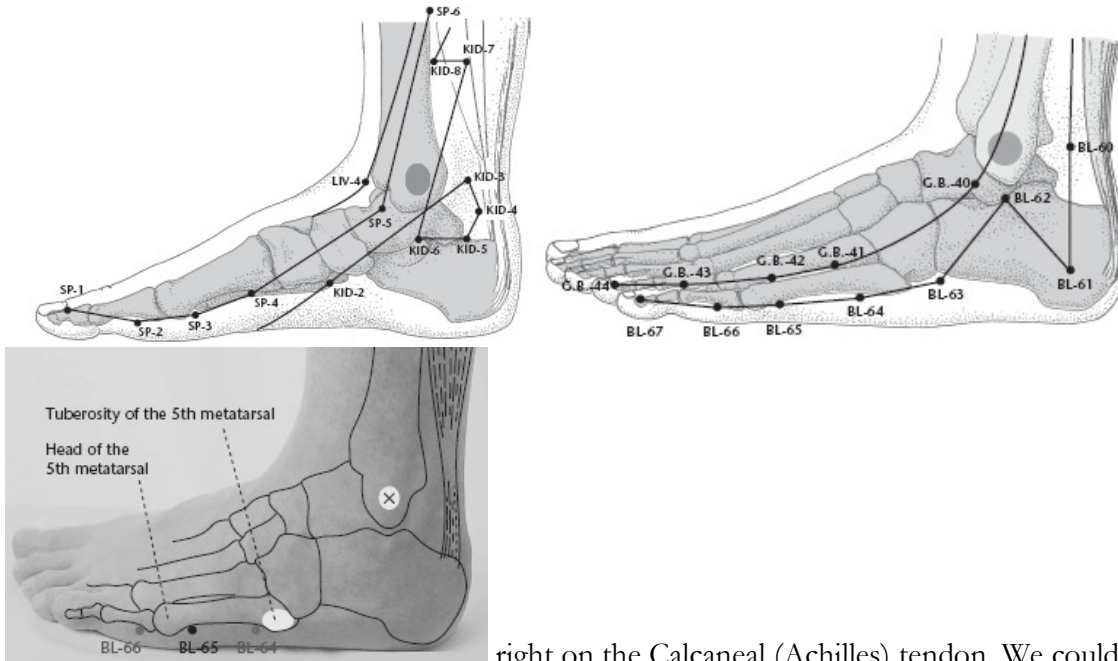
In cases of chronic headache, the point should be needled along the border of the bone and combined with point *MenJin* would be the best. There is a saying in TCM that a prolonged illness will finally affect the kidney. It means if an illness lasts for long, it will weaken the function of the kidney leading to deficiency of either kidney *Yin* or Kidney *Yang*. This is why the point should be needled along the border of the bone or with the tip of the needle hitting the bone for chronic diseases. It is the principle in TCM so called "treating the bone for bone diseases" and "treating the bone for kidney diseases". For migraine, *ZhongJiuLi* which is actually point *FengShi* is also a good point. It is one of the most frequently selected points of Master Tung. It works for all kinds of pain, the pain of *ShaoYang* channel in particular.

If you don't know what to start with in treatment of a difficult miscellaneous disease, you may select point *ZhongJiuLi* first to at least alleviate pain, and then seek the cause of the disease and needle other points accordingly. The method can help heighten the therapeutic effect.

Here I'd like to detail the explanation about *ZhongJiuLi* and *FengShi*. In ancient time *FengShi* was taken as an extraordinary point. It was not introduced in *ZhenJiuJiaYiJing* (The Systematic Classic of Acupuncture and Moxibustion), *QianJinYaoFang* (Thousand Ducat Formulas), *WaiTaiMiYao* (Secrets of a Frontier Official) or *TongRenZhenJiuShuXueTuJing* (Illustrated Classic of Acupuncture Points on the Bronze Man). It was introduced in *ZhenJiuDaCheng* and *ZhenJiuZiShengJing* (The classic of Supplementing Life with Acupuncture and Moxibustion). Chinese medicine considers that pain syndrome and wind syndrome are often related to wind. "*Feng* (wind) *Shi*" means the place where pain due to wind comes and goes. When Master Tung treated patients with pain of one or two places, he selected corresponding extraordinary points. If the patient has pain all over the body, he needled *FengShi* plus *ZhongDu* (GB 32) with *DaoMa* (Coupling) needling technique. The combination of the two points effectively alleviates pain of the whole body. The point *ZhongDu* is very much related to pathogenic damp because "*Du*" means water passage. Wind and damp often cause pain together and the two points are therefore selected. Moreover, following the principle of "treating muscle for muscle disorders" and "treating muscle for disorder caused by damp", the two points are selected. The muscles at *FengShi* is thick, it is good at treating damp diseases. Besides, *FengShi* is located on the gallbladder channel, which is externally-internally related with the liver, it can treat diseases of both the liver and gallbladder. Both the liver and gallbladder dominate tendons. If the point is needled with the needle tip touching the bone, the therapeutic effect will go to the kidney, treating Kidney diseases. In this way, it treats all the disorders of the tendons, bones and muscles. According to the theory of the five elements, it treats all the disorders due to wind, cold and damp. The theory of *ZangFu* considers that the liver dominates tendons and kidney dominates bones. However, this does not conform to the book *LingShu*. It is stated in chapter 10 of *LingShu* that *ShaoYang* dominates bones and *TaiYang* dominates tendons. That's why I often select *FengShi* to treat bone spur.

Further, chapter 9 of the *SuWen* (Essential Questions) states: "All the other eleven *ZangFu* organs rely on the gallbladder." From this statement, we can understand why *FengShi* is selected to treat so many diseases. My teacher, Prof. *Liu DuZhou* is very famous in mainland, China. He is an academic authority of *ShangHanLun*, and is expert with the formula *XiaoChaiHuTang* (Minor Decoction of Bupleurum). He was my supervisor when I was doing my doctoral degree of *ShangHanLun* in Beijing University of Traditional Chinese Medicine. I began teaching *ShangHanLun* in 1976. In 1980, I was invited by *TongJi* Hospital of Singapore to teach *ShangHanLun*. In the Last tens of year of clinical practice, I have often used *XiaoChaiHuTang* with modification which affects the *ShaoYang* channels and successfully treated many diseases. Based upon the same theory, point *FengShi* of *ShaoYang* channel has good effect for all kinds of pain. It has good therapeutic effect for all kinds of headache, migraine in particular. For chronic headache, blood-letting point *TaiYang* is the best because prolonged illness gives rise to blood stasis. In the points for treating headache, the point with special effect is *ZhengJin*. The therapeutic effect is even better when it is combined with *ZhengZong* with *DaoMa* technique. *ZhengJin* is located between *TaiXi* (K3) and *KunLun* (BL 60),

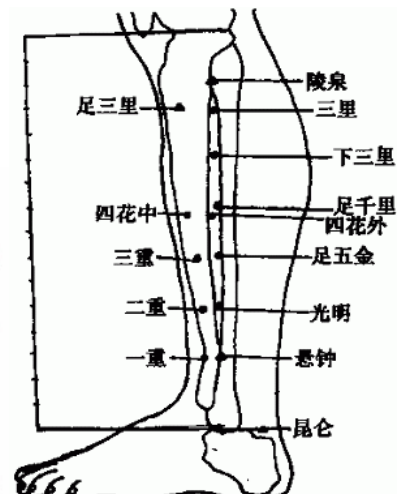
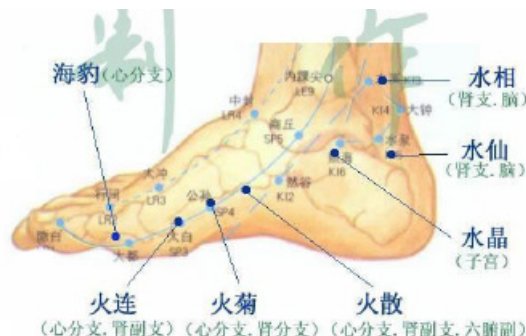
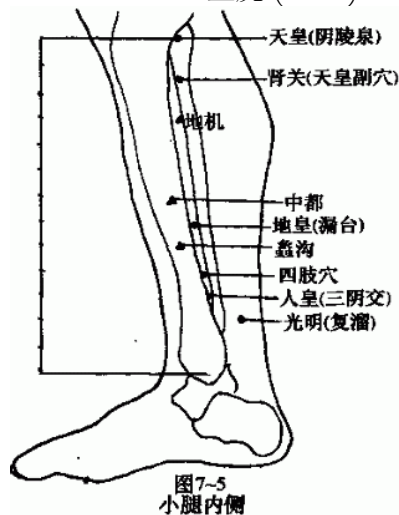
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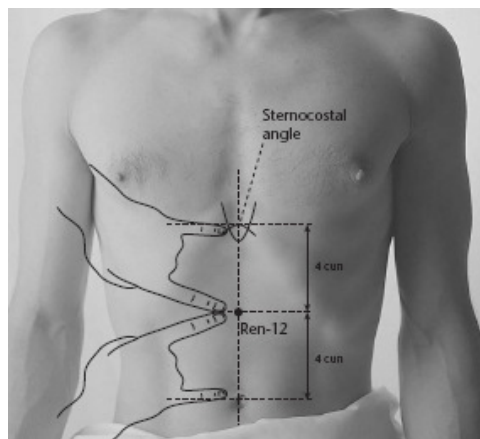
right on the Calcaneal (Achilles) tendon. We could say it is located on the urinary bladder channel. Therefore it is extremely good for posterior headache located on the urinary bladder channel. Since the point is located right on the Calcaneal tendon, many doctors dare not needle this point, but actually it is very safe. If you don't like to select this point, you could select point *ShuGu* instead for the same effect. *ShuGu* (BL 65) is the *Shu* stream point of the urinary bladder channel, which is effective for all kinds of pain of the urinary bladder channel. Some use the *Xi*-cleft point which is effective for acute pain. For Chronic pain, the *Shu* stream point is often used. Besides, blood-letting method is used to *He-sea* point for prolonged pain, and *WeiZhong* for posterior headache.

Frontal Headache 前头痛 (*supraorbital headache, pain of nasal bone, YangMing headache*)

1. Point *TianHuang* 天皇 (77.17) or *ShenGuan* 肾关 (77.18) is very effective.
2. Needling point *HuoJu* 火菊 (66.11) may immediately stop pain. 针火菊立止疼痛。
3. Pricking point *SiHuaZhong* 四花中 (77.09) may also obtain good therapeutic effect. 四花中点刺，效果亦佳。
4. *WuHu1* 五虎 (11.27) and *WuHu2* (11.27) are also effective. 五虎四

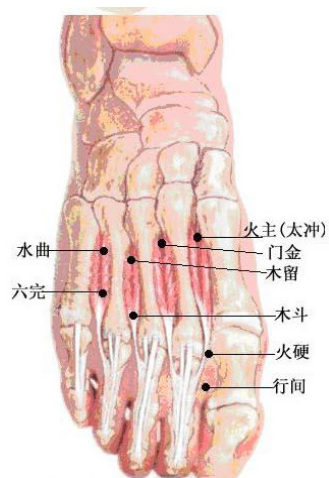


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Now let's consider frontal headaches. To treat frontal headache, the first choice is point *TianHuang* which is actually *YinLingQuan* (SP 9). It is a Tung's extraordinary point that overlaps the point of the fourteen channels. *ShenGuan* is also a good point for frontal headache as well as one of Master Tung's ten most commonly used extraordinary points. Point *HuoJu* is also very effective for frontal headache. It

is located behind point *GongSun* (SP 4) and is needled along the border of the bone. "*Ju*" means chrysanthemum flower, which is a Chinese medicinal herb with the function to clear heat and benefit the head and eyes. Point *HuoJu* has therefore the same therapeutic function and is indicated in hypertension, vertigo, headache and soreness of the eyes.

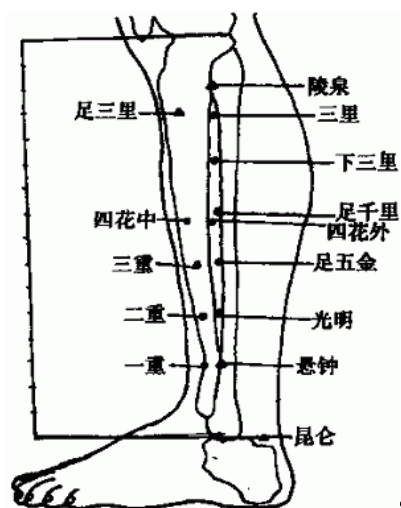
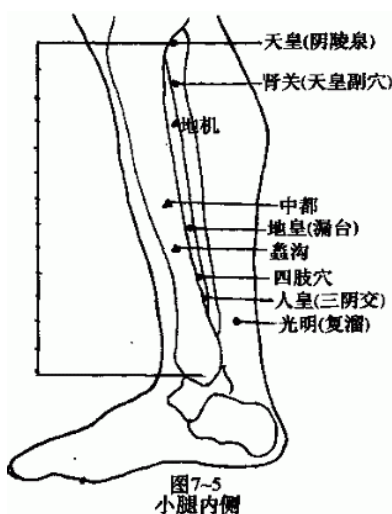
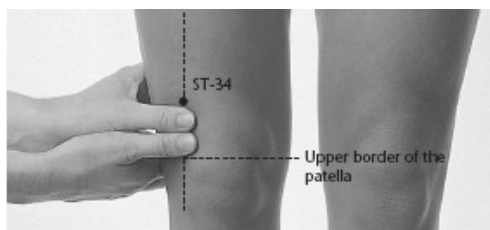
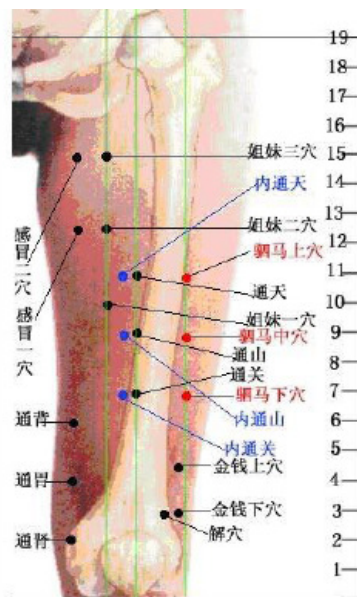


The three points of *WuHu* are indicated in shoulder and arm pain as well as headache. Besides, it is indicated in frontal headache. There is another very effective point for frontal headache. I often used this point 30 years ago but I am almost not using it anymore now. The point is *ZhongWan* (REN 12). All these points introduced above are effective for frontal headache. *YinLingQuan* is the *He*-sea point of the spleen channel. "*He*-sea points are indicated in diseases of *Fu* organ". Based upon the theory of holography, the upper end of the leg corresponds to the head; point *HuoJu* is close to *GongSun*, which is the *Luo*-connecting point of the spleen channel. The spleen channel is externally-internally related to the stomach and therefore the *Luo*-

connecting point of the spleen can treat *YangMing* headache. *GongSun* also has very good therapeutic effect for gastric spasm and gastritis, as well as pain of the shoulder and arm; *ZhongWan* is the front-*Mu* point of the stomach and is indicated in frontal headache, the *YangMing* headache. If you understand all these, it is easy to select correct points that are therapeutically effective. Though they are extraordinary points, they have close relations with the fourteen channels.

Vertigo 头晕

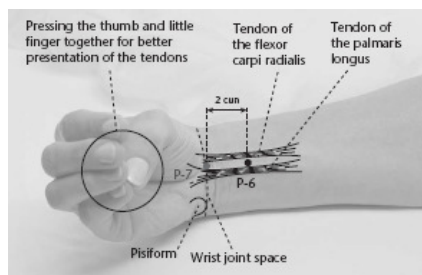
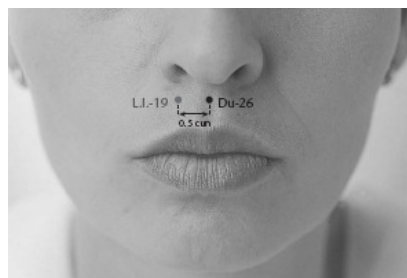
1. Point *LingGu* 灵骨 is very effective for vertigo.
2. In case of hypertensive vertigo, blood-let point *WuLing* 五岭 on the back first and then needle *HouYin* 火硬 (66.03), the blood pressure will be lowered and vertigo stopped immediately. This method is also effective for vertigo due to hypotension. 血压高的头晕，先在背部五岭穴点刺放血，再针火硬，立降血压，并止晕眩。
3. In case of vertigo due to cerebral anemia, needle *TongGuan* 通关 (88.01), *TongShan* 通山 (88.02) and *TongTian* 通天 (88.03). 脑贫血的头晕，针通关、通山、通天。



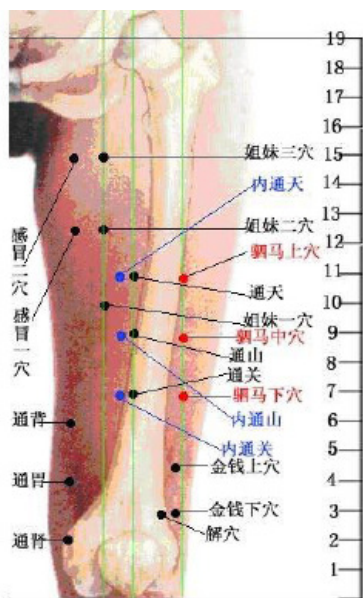
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As an aside, I would like to speak here about fainting due to needles at this point. *JieXue* 解穴 (88.28) is useful for fainting. *JieXue* is effective for incorrect needling, derangement of *Qi* and Blood or acute pain. Further, contusion injures *Qi* and Blood giving rise to pain due to stagnation. In some patients, the pain is



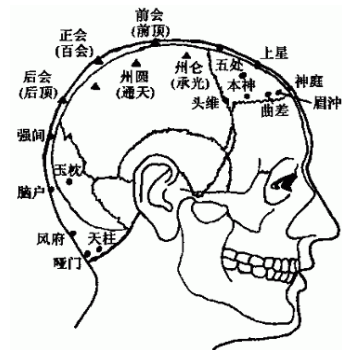
wandering without fixed location, and in this case, *JieXue* may play the same role of *LiangQiu* (ST34) – the *Xi*-cleft point of the stomach channel – which is also the channel with ample *Qi* and Blood. Moreover, *Xi*-cleft points are the place where *Qi* and Blood gather and therefore they have strong therapeutic effect to regulate *Qi* and Blood. *JieXue* is very close to there, thus a good point. In case of derangement of *Qi* and Blood due to disharmony, *JieXue* is useful. To relieve fainting due to needling, *RenZhong* (Du 26) of the fourteen channels may be selected. Further, this point is the point of the *Du* channel which travels towards the head and clears the mind, warms the *Yang* and rescues collapse; it is therefore a good point for fainting due to needling. In Tung's extraordinary points, *JieXue* is often used to relieve fainting caused by needling. The goal of this method is also to regulate *Qi* and Blood. In brief, needling cannot be separated from *Qi* and Blood, and *Yin* and *Yang*. If you know more fundamental TCM theory, you will find good points and improve your therapeutic results.

In addition, needling *TongGuan* and *TongShan* is also very effective for vertigo due to anemia. In case of vertigo in Meniere's syndrome which is usually

accompanied by nausea and vomiting, I often select *LingGu* in combination with *NeiGuan* (PC 6) for good result. If *QuChi* is added, the result may be faster and better. In many cases of Meniere's disease, the patient came into the clinic with the help of others by hand and independently immediately following treatment. If the vertigo is due to pathological changes of the cerebral nerves, *XiaSanHuang* (天皇副 77.18, 地皇 19, 人皇 21) is better. This point supplements the kidney, which dominates brain. In severe cases, bleed point *SanChong* 三重 (77.07). Point *LingGu* also improves cerebra-vascular circulation. It is indicated in tens of diseases, hemiplegia in particular. Dr. *Jiao ShunFa*, the inventor of Chinese Scalp-Acupuncture, can rotate the scalp needle with the speed as fast as 200 times per minute and most practitioners cannot do it. However, *LingGu* could be used instead of needle rotation to improve outcomes. This point improves cerebral blood circulation heightening the therapeutic effects for hemiplegia. If *XiaSanHuang* is added, the effect may be improved.

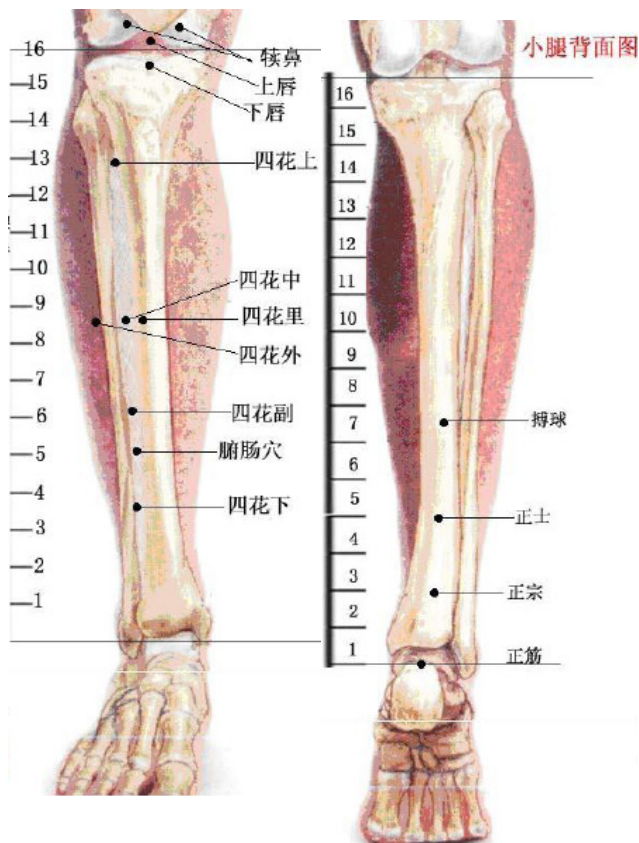
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Cloudiness thinking and fatigue 脑神经不清 (neurasthenia)



1. Needle point *ZhengHui* 正会 (1010.01) and *ZhenJing* 镇静 (1010.08) and then bleed *SanChong* 三重 (77.07). 针正会，镇静，再在三重穴放血。
2. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) may also obtain good therapeutic effect. 针下三皇效果亦佳。

Meningitis 脑膜炎

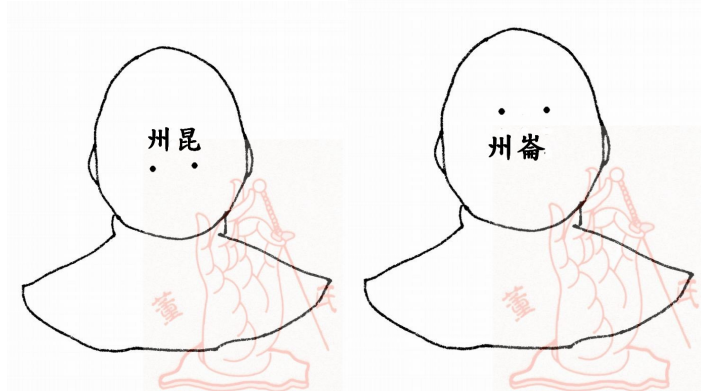
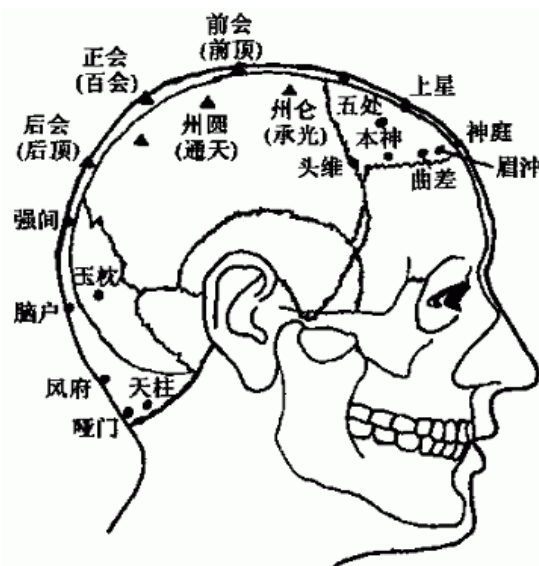


1. Needle *SanChong* 三重 with *DaoMa* needling technique. 三重、用倒马针法。
2. Prick *SiHuaWai* 四花外 (77.14) first and then needle *ZhengJin* 正筋 (77.01). 四花外点刺，再针正筋。

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Brain Tumor 脑瘤

1. Needle *ZhouKun* 州昆 (1010.3), *ZhouLun* 州仑 (1010.4) first, and then needle *SanChong* 三重 with *DaoMa* needling technique. 先针州昆、州仑、火光，再在三重穴用倒马针法。
2. If point *ShangLin* 上溜 (55.06) is selected in combination with the above points, the effect could be even better. 配上溜穴，效果更佳。
3. Needle point *ZhengJin*.



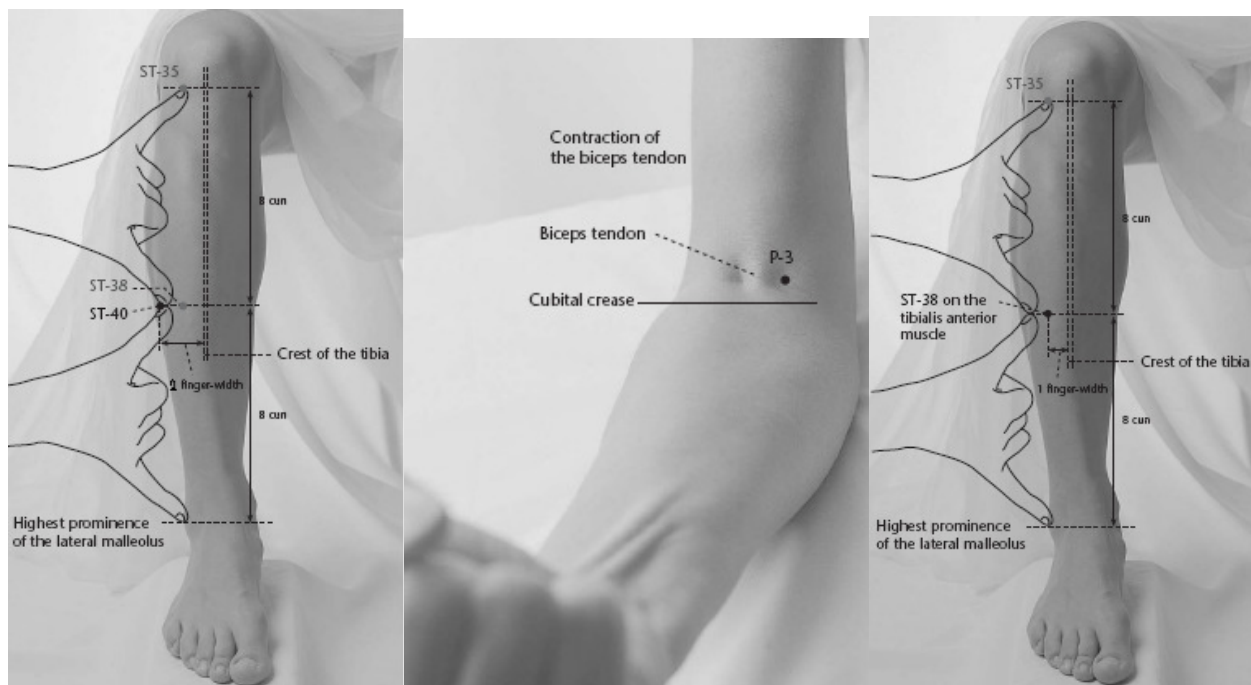
Enlargement of Cranial Bone 脑骨肿大

1. Needling *ZhengJin* 正筋 may have good therapeutic effect, and if *ShangLin* 上溜 is added, the result will be even better. 针正筋，配上溜穴，效果更佳。

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Hydrocephalus 脑积水

1. Needling *ZhengJin* 正筋 and *ShangLiu* 上瘤 may have favorable effect. 针正筋，上瘤，有良好效果。
2. Better results may be obtained if blood-letting is given to point *SanChong* 三重 in treatment of the last four diseases.



Three

cerebral diseases have been introduced: Meningitis, brain tumor and hydrocephalus. For all the three diseases, bleeding point *SanChong* is to improve effectiveness. *SiHuaWai* may also be bled. *SiHuaWai* is one of the most commonly used points of Master Tung. He also often bled *ChiZe* (PC 3) or *WeiZhong* (BL 40) for these brain conditions. Here I'd like to give a brief introduction to point *SiHuaWai*. It is located one *cun* lateral to *TiaoKou* (ST 38). Bleed this point superiorly, inferiorly, medially and laterally to *FengLong* (ST 40). As everybody knows, *FengLong* is the influential point of phlegm. It is because this is the *Luo*-connecting point of the stomach, which is internally-externally related to the spleen and is therefore able to treat disease of the spleen. Spleen is considered as the origin in production of phlegm and the lung the container of the phlegm. *FengLong* is a very effective point for phlegm. In terms of western medicine, hyperlipedemia or high cholesterol in the blood is considered to relate to phlegm greatly. Chinese medicine considers prolonged, strange, miscellaneous and difficult diseases to be related to blood stasis. But there is another consideration, and that is that they are all related to Phlegm. Therefore, bleeding *FengLong* treats not only chronic, strange, miscellaneous and difficult diseases but also eliminates blood stasis. In the beginning of treatment for difficult and complex diseases and not knowing where to start with, we can bleed the four points superiorly, inferiorly, medially and laterally to *FengLong*. If the condition easily leads to formation of nodules with phlegm, it is advisable to use bleeding methods. In case of brain tumor or hydrocephalus, needle *ShangLiu* on the foot. All these diseases may be treated by needling *SiHuaWai* or *WeiZhong*.

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Eye Diseases 眼疾病

Blurred Vision 视力模糊 (视物不清)

1. In case of blurred vision due to hypertension, bleed point *WuLing* 五岭 (DT 04) first and then needle *XiaSanHuang* 下三皇 (77.18, 19, 21). 高血压引起的眼花，五岭穴放血。再针下三皇。
2. *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28) are also effective points.
3. Bleeding point *ErBei* 耳背 (99.07) may have even better result.

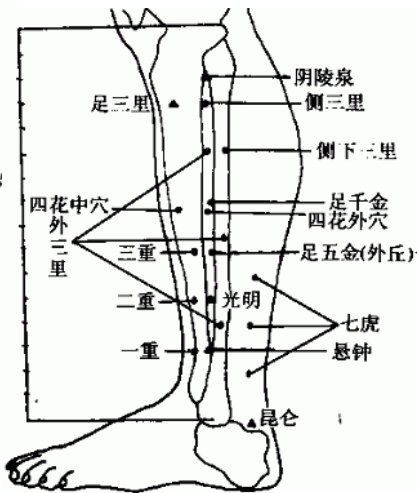
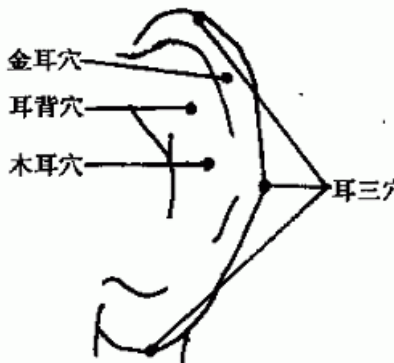
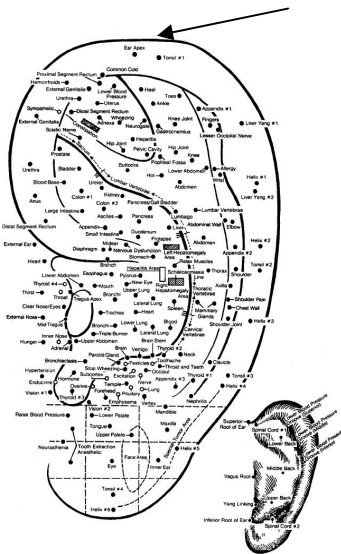
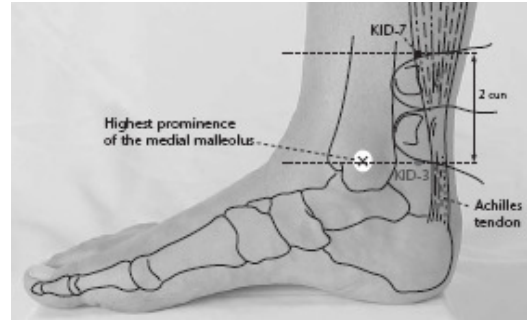


图7-6 小腿外侧



Stye 偷针眼

1. Needle *LingGu* with contra-lateral method. One or two treatments can cure the disease. 针灵骨，左右交刺，一二次即愈。
2. Bleeding ear apex for few drops of blood is also effective. 耳尖放血，效果甚佳。
3. Bleeding point *TaiYang* is extremely effective.
4. 脾俞，胃俞点刺出血少许，效果亦佳。

For some eye diseases such as blurred vision, *ShenGuan* and *FuLiu* (KI 7) may be needled. Both acute excess and chronic eye diseases may be treated by bleeding *TaiYang*. For blurred vision needle *ShenGuan* and *FuLiu* first. In case of stye, bleed ear apex or the vein on the ear back first. Then needle *LingGu*. For conjunctivitis, also bleed the ear apex.

The ear apex is one of the most commonly used points for bleeding. This is a brief introduction to the ear apex. It is effective for all eye diseases. It also has good therapeutic effects for the common cold. For facial paralysis with no possibility of bleeding the buccal mucosa, the ear apex may be selected. Bleeding the ear apex may also treat insomnia and various kinds of skin diseases. Why does ear apex have therapeutic effect for so many diseases? Chinese medicine holds that *ShaoYang* channel dominates wind and the *TaiYang* channel dominates the exterior. The *TaiYang* urinary bladder channel starts from the head, and then travels passing the temporal side of the head and reaches the ear; the *ShaoYang* channel also winds around the ear. Exterior syndromes correlate with the *TaiYang* channel, and skin diseases are related to both wind and exterior. Thus, the ear apex is indicated for both wind and exterior syndromes. The *ShaoYang* channels travel on both medial and lateral sides of the eye and bleeding given here may treat eye diseases, as *ShaoYang* channels dominates wind. Moreover, the gallbladder is connected with the heart according to the theory of *ZangFuBieTong* (the extraordinary connection of *ZangFu*); the

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points of gallbladder channel are also indicated in insomnia. The kidney opens into the ear, however, *SuWen* chapter four states, "The heart opens into the ear." Base upon this theory, bleeding the ear apex may treat palpitations and hidrosis since the heart dominates perspiration.

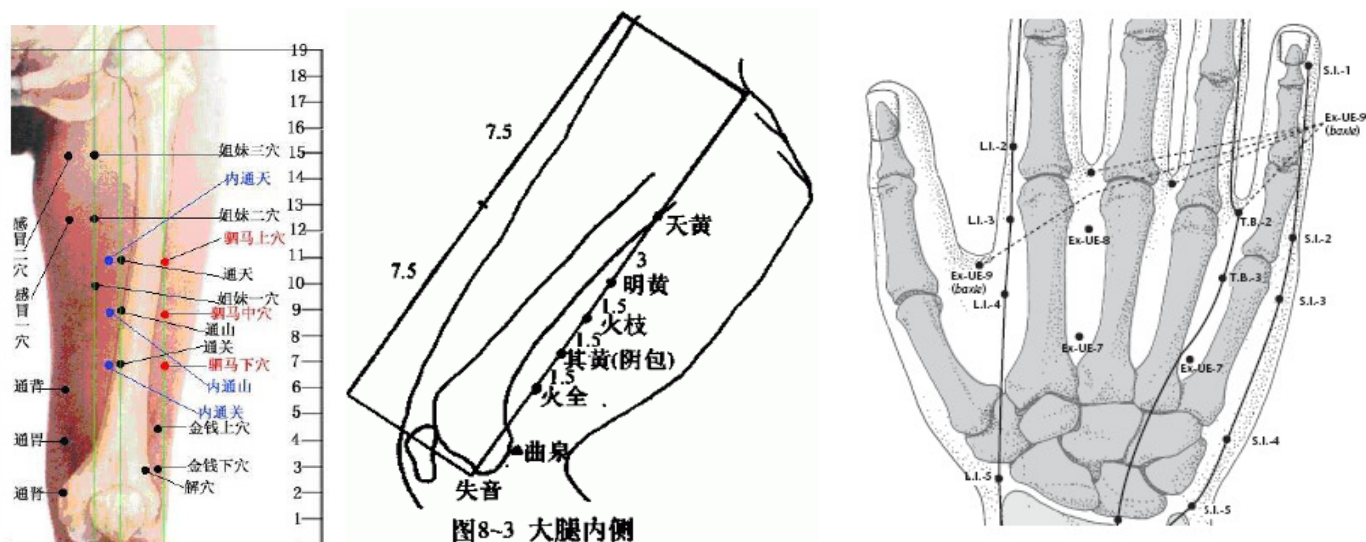
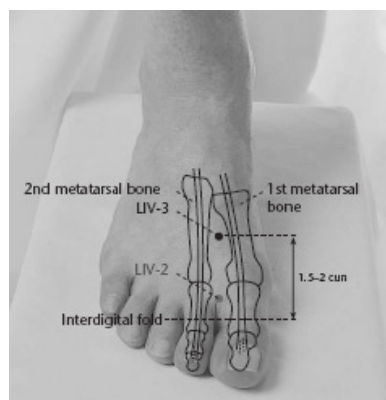


图8-3 大腿内侧

We already mentioned that *FengShi* is important and is one of my ten most commonly used points. It is also one of the best points for insomnia. Insomnia has many etiological factors. The most common one is over thinking after that, disharmony of the stomach, deficiency of *Yin* of the Liver and Kidney, and disharmony between the

heart and kidney. Insomnia caused by over thinking is characterized by difficulty falling asleep which is related to fire of the heart and liver. In this case, opening the four gates (*HeGu* (LI 4) and *TaiChong* (LR3)) may obtain good therapeutic effects. For better results are necessary, needle *SanJian* (LI3) and *XingJian* (LR 2). In other words, needle the four gates (*HeGu* and *TaiChong*) with their locations placed distally. However, the best point for insomnia is *JianGu* 間谷 (Extra) located between *SanJian* and *HeGu*. According to the theory of holography, *SanJian* corresponds to the upper energizer and is more used for diseases of the head. *HeGu* corresponds to the middle energizer and is more indicated in diseases of that region. For insomnia accompanied with the symptoms between the upper and middle energizers such as mental restlessness and stuffy chest, *JianGu* (Extra) has the best effect. Therefore in treatment of



insomnia, I often select *FengShi* and *JianGu*. In case of chronic stubborn insomnia, I have also used *XueFuZhuYuTang* (Decoction for removing blood stasis from the Chest) and received good therapeutic effect, because this formula disperses blood stasis. For the same reasons, blood-letting may also help remove blood stasis, and bleeding ear apex is therefore used for insomnia. Since both the heart and kidney open into the ear, needle ear apex can harmonize the heart and kidney, and regulate water and fire, thus good results for insomnia.

For keratitis, bleeding the ear apex can be very effective. It can work faster than ophthalmic drugs in western medicine. For congestion around the eye due to trauma, filiform needling doesn't work as fast as bleeding *TaiYang* on the diseased side. In case of chronic congestion *SiMa* 驢馬中, 上, 下 (88.17, 18, 19) can be needled.

NOTE- *JianGu* is another point name for *ErJian* (LI2), for the Extra point, it is part of *BaXie*.

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Dryness in the eyes 目干涩



1. Point *Mu* (11.17) has very good effect.
2. Needling *MingHuang* 明黄 (88.12) is effective. 针明黄有效。
3. If *FuLiu* 复溜 or *GuangMing* 光明 (77.28) is added, the effect will be even better. 配复溜（光明）效更佳。

Difficult opening the eyes 两眼睁不开

1. Needling *SanChaSan* (A.04) and *HuoJu* (66.11) may obtain immediate effect. 针叉三、火菊，即可睁开。
2. Needling *GuangMing* 光明 (77.28) and *RenHuang* 人皇 (77.21) 针光明、人皇。
3. Needling *MenJin* 门金 (66.05) has special effect.

Trachoma 沙眼

1. Pricking the red spot on the inner wall of eyelid to cause bleeding has good effect. 脸骨皮上的红点，用针点刺出血，效果很好。

Blurred vision (Four fingers appearing like five fingers in front of the eyes) 视线模糊（视四指如五指）

1. Needling *GuangMing* 光明 (77.28) with rotation of needle during needle retention. If *FuLiu* 复溜 (KI 7) is added, the therapeutic effect will be improved. 针光明，留针，捻转即愈。加针复溜，效更佳。

Astigma 散光

1. Needling *ZhongBai* 中白 (22.06) is effective. 针中白有效。
2. *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28) are effective.

Deviation of eyeballs 眼球歪斜

1. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) is effective. 针下三皇，极有效。
2. Pricking *TaiYang* (Extra) to cause bleeding has extremely good results.

Point *Mu* is the best point for dryness in the eyes. It is located on the medial aspect of the palmar side of the proximal segment of the index finger 0.2 *cun* toward the midline from the center of the phalanx. It has two points and the lower one has better effect. Point *Mu* has special therapeutic effect for skin diseases of the hand such as eczema of housewife and tinea. It is also good for running nose, no matter the nasal discharge is white due to wind cold or yellow due to wind heat, or heat in the gallbladder channel. According to the meaning of the name, point *Mu* dispels wind. It is indicated in diseases of the liver and gallbladder. When there is heat in the gallbladder, it dispels heat from the gallbladder. Master Tung often used this point to treat acute rhinitis and common cold. (Personally I treat common cold with point *SanChaSan*). This point is also effective for dryness of eyes and lacrimation due to wind. Further, point *Mu* is located on the large intestine channel which is connected with the liver and is therefore effective for eye diseases. The large intestine channel is externally-internally related

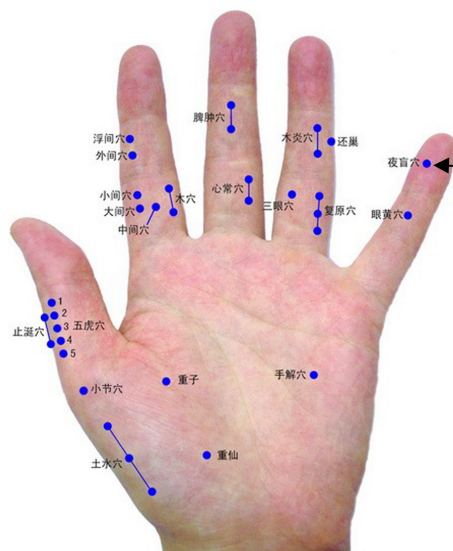
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to the lung and this point is therefore effective for diseases of the lung. In Tung's acupuncture, the theory of the extraordinary connections among *ZangFu* organs is often used.

MingHuang and *FuLiu* are also often selected for dryness in the eyes. For ptosis of the eyes due to myasthenia; *SanChaSan* and *HuoJu* are effective. *MenJin* is also applicable. Usually the points are needled with the depth of 1 *Cun* or deeper. For difficulty in opening eyes, *SiMa* are also useful. The selection of these points is based on the theory of "treating the muscle for muscular diseases" and "treating the muscle for spleen diseases." These points are selected where the muscles are rich and thick since myasthenia is a condition of the muscles. *SiMa* corresponds to the spleen and therefore supplements *Qi*. For these reasons, myasthenia due to deficiency of *Qi* can be treated with this point. Further, *HeGu* is also located at the thick muscle, supplementing the spleen and the *Qi* it is therefore also useful for myasthenia. In general, the theories on which Tung's extraordinary acupuncture is based include the theory of the "extraordinary connections of the *ZangFu* organs," "holography of human body" and "the method of correspondence."

Double vision due to strabismus can be treated with point *MingHuang* and *FuLiu*. For pediatric strabismus, *ShenGuan* and *FuLiu* are better. In adults, strabismus can be caused by paralysis of ocular muscles. Normal functional activities of an eyeball are maintained by the six muscles around it, which must function in coordination on both sides. If a muscle sector is paralyzed, the eyeball will not function normally, causing double vision. Biomedicine allows six months for a cure or remission to occur, if the disease is not cured in six months, then the patient is referred to surgery. However, if the disease is treated with Chinese herbal medicine, it usually takes only three months for a cure. If we add blood-letting therapy, the duration of treatment may be even shorter. After taking Chinese herbal medicine, many patients improve about thirty percent. After bleeding *TaiYang*, the patient immediately improved another thirty percent. If bleeding is given again in one or two weeks, the patient improves another thirty percent. In general, three treatments of blood-letting may cure the case, while it could take at least three months to cure the problem if the patient takes herbs only and western medicine takes at least six months. Another form of double vision due to diabetes is common in the senior population. For such condition, we can also bleed *TaiYang*. If there appears astigmatism or visual confusion, needling *ZhongBai* may have good therapeutic effect.

Cataract 白内障



1. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) for long time may have very good effect. 针下三皇，长期治疗有卓效。
2. Needling *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28). 肾关、光明。

Night Blindness 夜盲

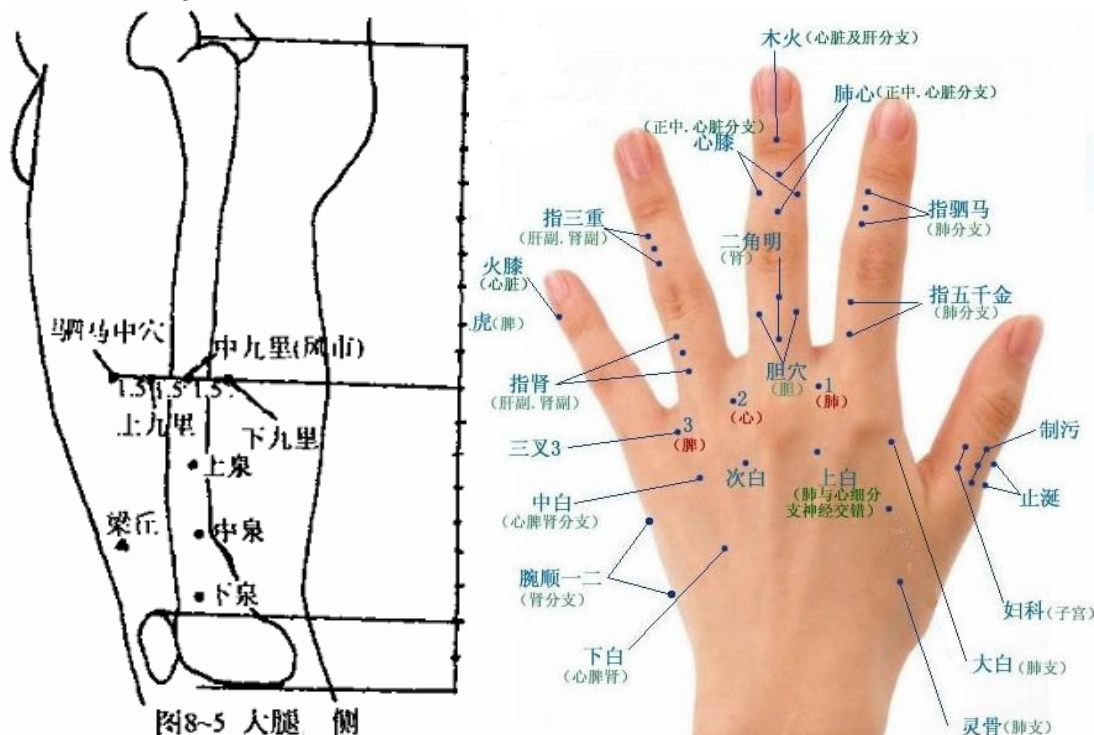
1. Needling point *YeMang* 夜盲 (A.07) has special therapeutic effect. 针夜盲穴特效。

Lacrimation in wind 见风流泪

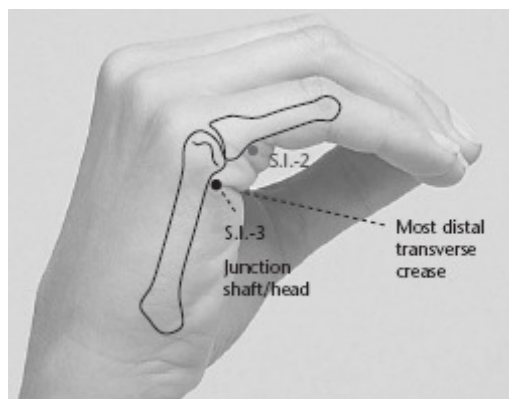
1. Needling point *Mu* 木穴 (11.17) has special good effect. 针木穴特效。
2. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) is also very effective. 针下三皇，效果亦佳。
3. In prolonged cases, *SanChong* 三重 (77.07) can be needled first. 久年老病，可于三重穴先行点刺。

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Twitching of ocular muscle 眼跳



1. Needle *WanShunYi* 腕顺一 (22.09) and *WanShunEr* 腕顺二 (22.08).
2. Needle *CeSanLi* 侧三里 (77.22), *CeXiaSanLi* 侧下三里 (77.23) and *ShenGuan* 肾关 (77.18). 针侧三里、侧下三里、肾关。
3. Needle *FengShi* 风市 (GB 31) and *FuLiu* 复溜 (KI 7) 针风市、复溜。
4. Needle *ShangGuan* 上泉 (88.22), *ZhongGuan* 中泉 (88.21) and *XiaGuan* 下泉 (88.20)



Many people have lacrimation when exposed to wind and point *Mu* has a special effect for the problem. Point *XiaSanHuang* is also very effective. For chronic cases, bleed point *SanChong*. If there is ocular muscle or facial twitching, *WanShunYi* and *WanShunEr* can be selected. Sometimes we can select *HouXi* (SI 3), this is because *HouXi* is connected with the Governing Vessel (DU) which goes upward and meets the liver channel at the vertex. Thus *HouXi* dispels wind. Moreover, the small intestine channel goes upward and reaches the inner and outer canthus, then goes back to the zygoma, being closely related to the ocular muscle and trigeminal nerve. Point *HouXi* is the *Shu*-stream point of the small intestine; it pertains to wood and corresponds to wind. Therefore the point is also indicated for

trigeminal neuralgia and neuropathy of the face.

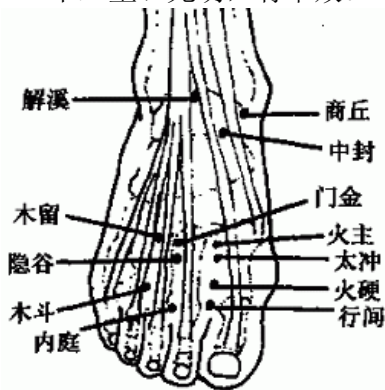
I would like to say something further about facial spasm and facial paralysis. Though facial spasm and facial paralysis are not difficult to treat, too much manipulation or electric stimulation may cause twitch of ocular muscle as a sequela. The facial nerves are close to the surface and shallow insertion is advisable. Manipulation of the needles is not advised in order to avoid over-stimulation. Improper treatment, long and strong stimulation in particular may cause sequela, which is difficult to cure, giving rise to twitching of the eye or muscles around the eye, or even myasthenia characterized by difficulty opening the eye. However, I usually select distal points for facial paralysis. Chinese herbal treatment for twitching of the eyelids works well with *ShaoYaoGanCaoTang*

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(Decoction of Peony Root and Liquorice Root). If *QianZhengSan* (Power for Facial Paralysis) is added, the therapeutic effect is improved. *ZhiMu* (Rhizoma Anemarrhenae) is then added to strengthen sedative function. If the pathological condition is severe, *GouTeng* (Ramulus Uncariae cum Uncis) should be added. The essential feature is the dosage of *ShaoYao* (Radix Paeoniae). It is usually 25-30 grams. As we know, each formula must have a principal ingredient and *ShaoYao* is the principal herb of this formula since it mediates *Yin*. Those people who stay up all night may be affected by facial spasm, because staying up all night may consume *Yin* and *Yin* deficiency produces wind.

Glaucoma 青光眼

1. *HuoYin* 火硬 (66.03) and *HuoZhu* 火主 (66.04) are very effective.
2. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) and *GuangMing* 光明 (77.28) may have excellent result. 针下三皇、光明，有卓效。



Myiodesopsia

1. Needle *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28). 肾关、光明

Optic atrophy

1. Prick *TaiYang* (Extra) to cause bleeding.
2. *ShenGuan* (77.18) and *GuangMing* (77.28) 肾关、光明

Among the fourteen channels, point *XingJian* (LR 2) is the best point for treating glaucoma. If *XiaSanHuang* and *GuangMing* are added, the therapeutic effect can be improved. It is also advisable to bleed ear apex and ear back to lower intraocular pressure. In severe cases blood-letting *TaiYang* may also be used. Not long ago, I treated a patient who suffered from chronic glaucoma and for which the patient came to my clinic. There is an autoimmune disorder that involves the mouth, eyes and genitals called Behcet's disease, causing ulceration of the oral cavity and genitals and poor vision. I first used several doses of *GanCaoXieXinTang* (Licorice Decoction for Purging the Stomach Fire) to treat oral ulceration. Together with the improvement of oral ulceration, his eyes also got better. Further, if the target treatment is for glaucoma, we need to use other agents. The best single drug for glaucoma is a large dose of *CheQianZi* (Semen Plantaginis). It can be added to *LongDanXieGanTang* (Decoction of Gentiana for Purging the Liver Fire) since acute attacks of glaucoma are usually caused by liver fire. The dosage of *CheQianZi* is often up to 30 grams. In many cases of glaucoma, *TaiYang* (Extra) bled in order to lower the intraocular pressure quickly. If there is myodesopsia known as vitreous opacity, the Tung's extraordinary point *ShenGuan* and point *GuangMing* are better. To treat most cases of optic atrophy, which is a very severe disease, point *TaiYang* can be selected for blood-letting once every two weeks. It can be combined with needling *ShenGuan* and *GuangMing*.

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Question: How long are needles retained in the points? How are the needles manipulated?

Master Tung often retained the needles in points for 45 minutes and manipulation was given once every 15 minutes. During the needle retention, ask the patient to have some exercise or give some massage. If the duration of needle retention is 30 minutes, manipulation should be given once every 10 minutes. The patient should also exercise through the range of motion while the needles are manipulated. Without manipulation, the results will be poor. However, excessive exercise will have opposite effect. The exercise every 10 minutes is the best and it can help move the flow of Qi. Regarding the length of needle retention, there are two basic considerations.

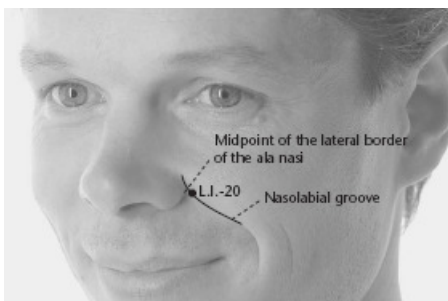
1. In chapter 15 of the *LingShu*, it says: "The *Qi* and blood circulate in the body day and night. One whole circulation of *Qi* and blood in the body needs 28 minutes and 48 seconds."
2. In chapter 18 of the *LingShu*, it says "The *Ying Qi* (nutrient *Qi*) circulates inside the vessels and *Wei Qi* (defensive *Qi*) circulates outside the vessels. *Ying Qi* circulates all over the body 50 times per day."

Based on these statements, one whole circulation takes 28 minutes and 48 seconds. For convenience, we take it as 30 minutes. It is generally considered that the duration of needle retention is 30 minutes. During the needle retention, manipulation is given once every 10 minutes.

Diseases of the nose 鼻疾病

Consider that all the nasal diseases can be treated with point *SiMa* (88.17, 18, 19). 鼻部各病， 驷马穴皆有特效。 All diseases respond better if two groups of points are used in alternation. However, in the treatment of nasal diseases, point *SiMa* is the best and most frequently used. Master Tung used to have his business card on which it was written: "Guaranteed to cure all nasal diseases", including allergic rhinitis, atrophic rhinitis, nasal pus retention (sinusitis) and hypertrophic rhinitis. With the selection point *SiMa*, a mild case can be cured in a few treatments and severe cases require more treatments with longer duration.

Master Tung didn't use Chinese herbal medicine very often and he gave acupuncture treatment about three times a week. 20-30 years ago, a single income could support the whole family and the life was slow. This made it possible for the patient to come for treatment 3 times a week or even more. There is much more stress in the life now and even both husband and wife working cannot support one child. So patients can only come to receive treatment once a week. In this case, blood-letting should be added to the treatment to strengthen and prolong the therapeutic effect. Of course, simultaneous application of Chinese herbs may improve the therapeutic effects. Here, I'd like to make it clear that, application of herbal medicine doesn't mean we are not confident in acupuncture and application of acupuncture doesn't mean the therapeutic function of herbs is weak. Either acupuncture or Chinese herbs should be effective, and the combination of both may have better results.



Dryness of the nose 鼻干

1. Needle point *Sima* (88.17, 18, 19) 针驷马穴。
2. Needle point *Mu* 木穴(11.17)

Many patients suffer from dryness and itching in the nose. For such patients, needling *Sima* and *YingXiang* (LI 20) is very effective. Point *YingXiang* is the crossing point of *YangMing* channels of hand and foot. Since the *YangMing* channels of hand and foot have ample *Qi* and Blood and all travel to the nose, it has good function for regulating *Qi* and blood and

treating nasal diseases. Point *Mu* is located on the large intestine channel, which travels by the side of the nose. The lung opens into the nose and is externally-internally related to the large intestine that is connected with the

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liver. The liver channel travels deep in the nasopharynx area. Based upon the above reasons, point *Mu* can be selected to treat dryness in the nose.

Nasal obstruction 鼻塞

1. In case of common cold with nasal obstruction, needling *JianZhong* 肩中 (44.06) has a very good effect. 感冒鼻塞、针肩中，有卓效。
2. Needling *CeSanLi* 侧三里 (77.22) with needle retention is also effective. 侧三里留针半小时，亦有效。
3. Needling *MenJin* 门金 (66.05) is also effective. 针门金亦有效
4. Point *Mu* 木穴 (11.17) is effective.
5. Point *HuoFuHai* 火腑海 (33.07) is also effective.



图8-2 大腿内侧

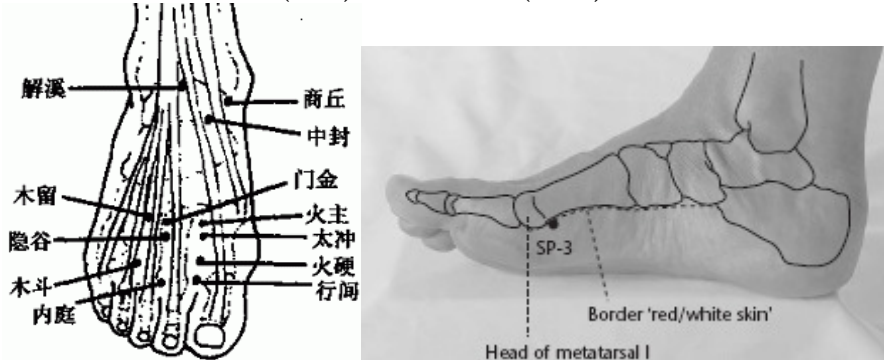


There are many good points for nasal obstruction. The most commonly used one is *YingXiang*, which has the fastest effect. In Tung's extraordinary points, point *Mu* has best result. Point *JianZhong* or *CeSanLi* are also good for nasal obstruction. *MenJin* is also effective. *ShouSanLi* (LI 10) is also good for symptomatic treatment of nasal obstruction. *SiMa* is also a good point. Though many points are indicated in nasal obstruction, *SiMa* is good enough for nasal obstruction due to chronic rhinitis. It is stated in *NeiJing*: "The diseases of the heart and lung may affect the nose." Therefore, in the treatment of nasal disease, the use of additional points such as *NeiGuan* (PC 6) or *TongGuan* 通关 (88.01) and *TongShan* 通山 (88.02) may improve the therapeutic effect. *YingXiang* can be added to any points selected for nasal diseases. It is both double treatment and attracting needling.

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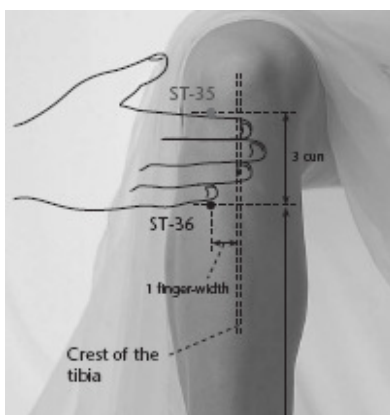
Nasal allergy 鼻膜炎 (含过敏性鼻炎、慢性鼻炎)

1. Needle *Sima* 驷马 (88.17, 18, 19), *TongTian* 通天 (88.03) and *TongGuan* 通关 (88.01). 驷马、通天、通关。
2. Needle point *Mu* 木穴 (11.17)
3. Needle *TaiBai* (SP 3) and *HuoZhu* (66.04) 火主



Nasal allergies involve allergic and chronic rhinitis. Let's discuss allergic rhinitis first. In many cases, allergic rhinitis is caused by cold food. If drinking too much ice water in summer time, the person would be more liable to be affected by this disease in winter. Preference of cold food may lead to liability of sneezing and running nose in cold storage. This is so called "invasion of exogenous pathogenic cold or cold food or drink injures the lung". For the pathological condition, *XiaoQingLongTang* (Minor Decoction of Blue Dragon) is the best. The use of several doses would have therapeutic effect. Then use *BuZhongYiQiTang* (Decoction for Strengthening the Spleen and Supplementing *Qi*) to strengthen the underlying condition and prevent recurrence. Allergic rhinitis is quite common in Taiwan, Los Angeles, and Korea. In Los Angeles, the rainy season starts from November and ends in March. It rains occasionally in April. There is no rain during the period after then till next November. Therefore, in April and May the air is full of pollen everywhere because Los Angeles doesn't have many high buildings, which gives rise to high morbidity of allergy caused by pollen. There are a lot of high buildings and rain in Taiwan. Though there are many allergy patients, not man of them are caused by pollen. To treat allergic rhinitis and pollen allergy, Tung's extraordinary point *SiMa* should be needled first. In herbal medicine, *GuiZhiTang* (Decoction of Ramulus Cinnamomi) combined with *YuPinGFengSan* (Powder of Jade Screen) with modification can be taken. It raises the immunity and alleviates allergy to pollen.

To treat nasal diseases, ancient physicians often open (needle) the four gates (*HeGu*, *TaiChong*). The Tung's extraordinary point *SiMa* is often used in combination with the four gates *HeGu* and *TaiChong*, with good therapeutic effect. Why select the four gates? *HeGu* is the point of the large intestine channel. The trajectory travels around the nose and it is therefore indicated in the diseases of the nose. *TaiChong* is the point of the liver channel; it passes through deep layers of the throat and nose reaching the vertex, and is therefore closely related to the nose and throat. In other words, the large intestine channel is responsible for external nose and the liver channel is responsible for internal nose. Further, when heat in the gallbladder is transmitted to the brain, it can give rise to sinusitis. That's why application of *XiaoChaiHuTang* (Minor Decoction of Radix Bupleuri) plus



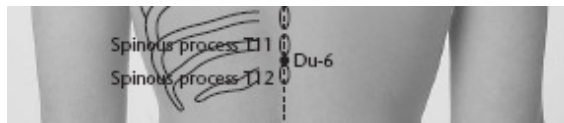
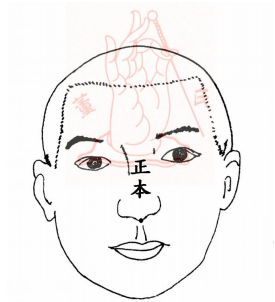
GeGenTang (Decoction of Radix Puerariae) has good therapeutic effect for pus retention (sinusitis). Nasal diseases are treated by taking the liver into consideration. In many cases, nasal problems are related to liver *Qi* stagnation. Many doctors therefore like to treat the problems by either dispersing the liver *Qi* stagnation or clearing liver heat. *XiaoYaoSan* (Ease Powder) is often appropriate. Selection of *HeGu* and *TaiChong* follows the same principle. *TaiChong* has good effect for dispersing liver *Qi* stagnation. This is a rationale for selecting the point in the treatment of nasal disorders.

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Another frequently used and effective group of points are *HeGu*, *QuChai* (LI 11) and *ZuSanLi* (ST 36). The *YangMing* channel and the liver channel are always considered in the treatment of nasal diseases. The three points above are from the *YangMing* channels. *TaiChong* is the *Shu*-stream point and *Yuan*-source point of the liver. Point *HuoZhu* is just behind *TaiChong* and is needled along the border of the bone. Actually, the location of *TaiChong* in the ancient classics is close to the bone and overlaps Master Tung's extraordinary point *HuoZhu* which is also very effective for sore throat because the liver channel passes the throat and reaches the vertex. *TaiChong* is effective for chronic disorders of the throat and nose, as is point *HuoZhu*. Since chronic diseases often affect the kidney, the point is therefore needled along the border of the bone, treating the kidney at the same time. Further, point *Mu* is also good for treating nasal diseases. It is located on the large intestine channel, which is connected with the liver and is therefore effective for the nasal diseases. Moreover, the large intestine channel is externally-internally related with the lung that opens into the nose, and point *Mu* is effective also because of this kind of relation.

Brandy nose 酒渣鼻 (鼻头红晕)

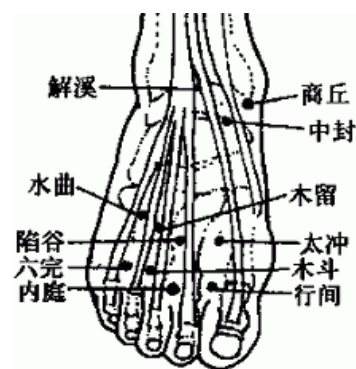
1. Use three-edged needle or seven-star needle to blood-let point *ZhengBen* 正本 (1010.12) 正本用三棱针或七星针点刺出血，三四次即愈。
2. Blood-letting *PiShu* 脾俞 (BL 20) and *WeiShu* 胃俞 (BL 21) is also very effective. 背部脾俞、胃俞点刺出血亦有卓效。



Brandy nose is characterized by redness of the nose tip. Many people who drink a lot of alcohol have this disease that is often resulted from damp heat in the

spleen and stomach. Pricking point *ZhengBen* with either three-edged needle or plum-blossom needle to cause bleeding is effective. Bleeding either *PiShu* or *WeiShu* is also effective. This is because the nose is located in the center of the face, corresponding to the spleen and stomach according to the theory of holography.

Nasal bleeding 鼻衄 (鼻出血)



1. Needling *JianZhong* 肩中 (44.06) may immediately stop bleeding. 针肩中立止。
2. Needling *HuoZhu* 火主 (66.04) is effective.
3. Needling *LiuWan* 六完 (66.08) is effective.

For nasal bleeding, needling *JianZhong* is very effective. Needling *LiuWan* is also effective. *TaiChong* or *HuoZhu* may also be selected. Since the liver has the function of storing blood, needling the point of liver has good effect. Further, needling *HeGu* is also effective because the large intestine channel travels towards the nose. Since the liver is connected with the large intestine, nasal bleeding due to heat in the *YangMing* channel can be treated with *ZhiZiBaiPiTang* (Decoction of

Fructus Gardeniae and Cortex Phellodendri) with modifications. If the ingredients of the formula *ZhiZi* (Fructus Gardeniae), *HuangBai* (Cortex Phellodendri) and *GanCao* (Radix Glycyrrhizae) are combined with *XianHeCao* (Herba Agrimoniae) and *OuJieTan* (Nodus Nelumbinis Rhizomatis carbonized), the therapeutic effective is even better. *ZhiZiBaiPiTang* can clear heat from the liver. This formula is listed in the "Jaundice" chapter of "YangMing Disorders." of *ShangHanLun*. It is a formula for *YangMing* channel and it is therefore effective for nasal bleeding. Generally, 3 to 5 doses of the herbal decoction would work effectively. This formula can also be used for infantile nasal bleeding. However, it doesn't work for nasal bleeding due to nasopharyngeal cancer.

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Pus retention in the nose

Point *Mu* is very effective point for pus retention in the nose, so is *SiMa*. Pus retention in the nose often results from heat in the liver and gallbladder. This point is very effective because of the extraordinary connection between the large intestine and the liver. Selection of *Hegu* and *TaiChong* is also very effective. If *QuChi* is used in combination, the result is even better. *TaiChong* is a point of the liver channel, which goes up to the vertex via nose. *HeGu* and *QuChi* are all the points of the large intestine channel. Both are good for treating diseases of the head. The large intestine channel passes through the nose and is connected with the liver. It clears heat from the liver and gallbladder, and is therefore effective for pus retention. If point *DaBai* is used instead of *HeGu*, the result is even better, because *DaBai* is also located of the large intestine channel and has very good effect on regulating *Qi*. From point of view of holography, it corresponds to the head and face. As we mentioned already, point *SiMa* is indicated in nasal pus retention. First, it is located on the stomach channel of foot-*YangMing*, which passes by the side of the nose; second, it is located at the place where the muscles are rich and thick. Selection of this point follows the principle of "needling the muscle to treat diseases of the spleen". Needling this point has very good effect of regulating and supplementing *Qi*. As mentioned before, application of modified *XiaoChaiHuTang* (Minor Decoction of Radix Bupleuri) is also very effective, so is *DanZhiXiaoYaoSan* (Ease powder modified with Cortex Moutan Radicis and Fructus Gardeniae).

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Ear Diseases 耳疾病

Otitis Media 中耳炎



1. Prick *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) to cause bleeding.
2. Prick point *ZhiWu* 制污 (11.26) to cause bleeding.

In the treatment of otitis media, Master Tung often gave blood-letting to the lateral side of lateral malleolus, and sometimes point *DiWuHui* (GB 42) too. Personally, I like to bleed point *ZhiWu* to treat otitis media, which can help astringe the suppurating wound. A teacher from one of the universities in Beijing has a daughter who injured her sole. For three years, the wound was not healed by treatments of many doctors. However, one treatment by bleeding point *ZhiWu* improved condition and two treatments cured the case. Point *ZhiWu* is located on the thumb and bleeding this point has good therapeutic result. Before bleeding, ask the patient to hold a tight fist so that the point becomes congested

with blood. If wounds due to trauma or operation fail to heal, this point is always good. Further, this point assists recovery of herpes zoster. It is a good point for otitis media, the chronic case with pus flow in particular. Point *ZhiMu* is close to the *Jing*-well point of the lung, which dominates the skin and *Qi*. In Chinese medicine, the lung is often considered in treatment of skin diseases. In case of prolonged skin suppuration without cure, Chinese medicine often uses big dose of *HuangQi* (*Radix Astragali seu Hedysari*) to supplement *Qi*. Therefore, it is reasonable to needle points of the lung in treatment of prolonged skin suppuration caused by various kinds of skin infection such as furuncles and carbuncles. Otitis media is situated on the course of foot-*ShaoYang* channel, which runs around the ear, and thus bleeding therapy is used at the external malleolus.

Earache 耳痛

1. Pricking *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) to cause bleeding.
2. Bleed *SanChong* 三重 (77.07) and *SiHuaWai* 四花外 (77.14) simultaneously. 三重、四花外，同时点刺出血。
3. Needle *SanChaSan* (A.04)
4. Needle *SiMa* 驷马 (88.17, 18, 19)

The commonly used points for earache are *CeSanLi* and *CeXiaSanLi*. Some other points such as *SanChaSan* are also good. *SanChaSan* treats diseases of the five sense organs, including the eye, ear, mouth, nose and skin. Point *Sima* is also indicated in earache. If the earache is prolonged, bleeding therapy could be used to either *SanChong* or *SiHuaWai*. Generally, when needling is not good enough, use blood-letting method.

Distention in the ear 耳内胀

1. Needling *QuLing* 曲陵 (33.16) and *ZhongBai* 中白 (22.06). 曲陵，中白，留针半小时。
2. Needling *SanChaSan* (A.04)

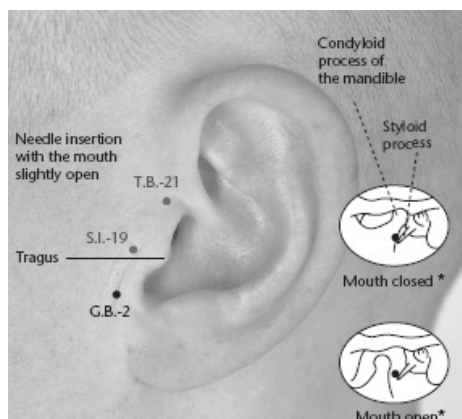
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Tinnitus 耳鸣

1. Needle *SiMa* 驷马 (88.17, 18, 19) with reducing method and *ShenGuan* 肾关 (77.18) with reinforcing method. 泻驷马, 补肾关, 可即停止。
2. Needle *QuLing* 曲陵 (33.16) with reducing method and *MingHuang* 明黄 (88.12) with reinforcing method. 曲陵用泻法, 再补明黄, 亦可停止。
3. Needle *SiMa* (77.17, 18, 19) and bleed the *Ashi* points around the external malleolus. 针驷马, 无名穴放血。
4. Needle *WanShunYi* (22.09) and *WanShunEr* (22.08).
5. Needle *ZhongJinLi* (88.25) 中九里。
6. Needle *LingGu* (22.05)
7. Needle *SanChaSan* (A.04)



Both *SanChaSan* and *LingGu* are effective for distention in the ear. *ZhongBai* is also frequently used point. If it is combined with *SanChaSan*, the effect is even better. In the treatment of tinnitus, Master Tung often selected *SiMa* and sometimes combined them with *LingGu*. I have often used *SanChaSan* combined with *FengShi* with very good results. *FengShi* has a sedative function and dispels wind. It is an important point of the foot-*ShaoYang* channel, which passes and winds around the ear. Sometimes I also used *SiMa* or *LingGu* in alternation. To treat tinnitus, it is mainly to supplement *Qi* and strengthen the kidney. In my treatment for tinnitus, I used *ErLongZuoCiWan* (Pills of Magnetitum for Deafness) for deficiency of kidney, which is composed of *LiuWeiDiHuangWan* (Pills of Six Drugs Including Rehmanniae) plus *WuWeiZi* (Fructus Schisandrae) and *CiShi* (Magnetitum). Additionally, I add *ShiChangPu* (Rhizoma Acori Gaminei) and *ChaiHu* (Radix Buplei) for better results. *ShiChangPu* helps open the orifices and *ChaiHu* serves as the guiding drug to take the actions of the drugs to the *ShaoYang* channel and ear. Moreover, there are many cases of tinnitus due to depressed *Yang*, more in young

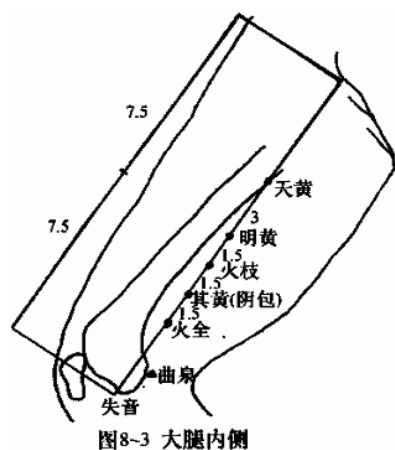


people. It is advisable in this case to apply *YiQiCongMingTang* (Decoction for supplementing the *Qi* and Promoting Hearing) to supplement *Qi* and lifting *Yang*. In the prescription, *GeGen* (Radix Puerariae) is an important drug for treating tinnitus. The decoction has the function to tonify lung and supplement *Qi*. The mechanism in application of herbs here is the same as that in application of point *SiMa* by Master Tung for tinnitus. In treatment of tinnitus, it is advisable to supplement *Qi* first, and in chronic cases, take the kidney into consideration by needling *ShenGuan* and using *ErLongZuoCiWan* plus *WuWeiZi*, *CiShi*, *ShiChangPu* and *ChaiHu*. Selection of *WanShunYi* and *WanShunEr* is also related to the kidney. In the ancient acupuncture point songs for tinnitus, *TingHui* (GB 2) is

almost always listed. In the application of the above Tung's extraordinary points, *TingHui* is therefore often used as the guiding point for good therapeutic effect.

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Deaf-Mutism 聋哑



1. Bleed point *SanChong* 三重 (77.07) first, then, needle *SiMa* 驷马 (88.17, 18, 19) with six needles. 先三重放血，再驷马穴六针同下。
2. Prick point *ZongShu* 总枢 (1010.07) to cause bleeding. 总枢穴点刺出血。
3. Needle point *ShiYin* 失音 (88.32).

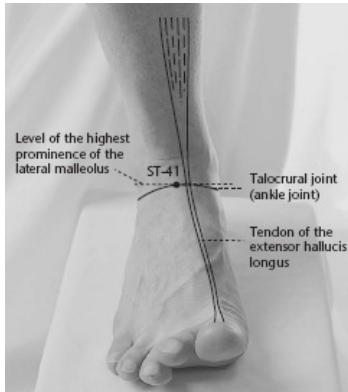
Deaf-Mutism refers to deafness or double hearing plus aphasia. It is curable if it is mild and incurable if it is severe. It is often treated with *TingGong* (SI 19) and *TingHui* according to the medical classics. Master Tung often used *SiMa* in the treatment. For aphasia, he often used point *ShiYin* and in severe case, bled *SanChong*. Personally I needle *TingGong*, *TingHui* and *ErMen* selectively for double hearing or poor hearing function, and *SiMa* or *XiaSanHuang* in alternation additionally. For aphasia, pricking *ShiYin* or *ZongShu* (1010.07) to cause bleeding is both safe and effective. In herbal medicine, *MaiMenDongTang*

(Decoction of *Radix Ophiopogonis*) modified with *JieGeng* (*Radix Platycodi*) and *FengHuangYi* (*Membrana Follicularis Ovi*) is often used.

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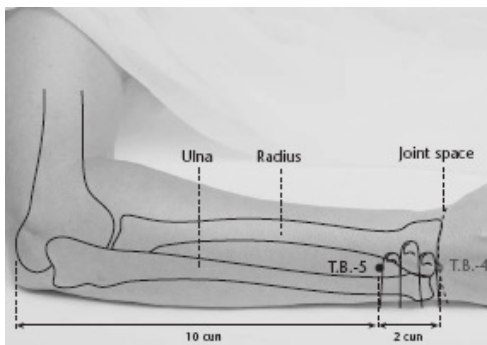
Diseases of the mouth and teeth 口舌齿疾病

Pain of the mandible (difficulty in opening mouth) 下颌骨痛



1. Needle *HuoYin* 火硬 (66.03). The therapeutic effect would be even better if *JieXi* 解溪 (ST 41) is added. 针火硬，配解溪效果更佳。
2. Prick the ear back to cause bleeding.
3. Blood-letting *TaiYang* (Extra) is especially effective.

HuoYin is effective for mandibular pain with difficulty in opening mouth as is *HuoZhu* (66.04). Furthermore, *WaiGuan* (SJ 5) and *YangLingQuan* (GB 34) of the fourteen channels are also effective. In 1989, I treated one case of oral cancer. The patient used to have the happy of chewing areca, which contain lime that may make the oral membrane pale and cause cancer. Small amounts of pepper gave rise to pain in the oral cavity and the patient had difficulty opening the mouth to let even one finger. This was due to fibrosing on both sides. When the patient came to my clinic, I bled *TaiYang* (Extra). Few days after bleeding, the patient could put two fingers into the mouth. The bleeding treatment was given once every two weeks and after three treatments the patient could put three fingers into the mouth. The patient then received few more treatments. The membrane in the oral cavity gradually became pink. At the same time, he drank the tea of *DanZhuYe* (Herba Lophatheri). After three months of treatment, all the symptoms subsided and he is still alive after over 10 years. This patient didn't take medication, bleeding *TaiYang* (Extra) and occasionally *ChiZe* (Lu 5) was the primary treatment. I treated another case of oral cancer which could not open



the mouth after operation. I gave him bleeding treatment few times and he finally could open his mouth. These two cases were severe. In mild cases, *HuoYin* and *WaiGuan* are sufficient. Point *MenJin* (66.05) is also helpful since it is the wood point of the *YangMing* channel and is needled along the border of the bone, treating both tendons and bones. Moreover, the *YangMing* channel passes through the mandible, which is why *MenJin* (66.05) has special effect.

Deviation of the mouth and eye (facial paralysis) 口眼歪斜

1. Bleed *SiHuaWai* 四花外 (77.14) first and then needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23). 四花外点刺，再针侧三里，侧下三里。
2. Bleed *SanChong* 三重 (77.07) first and then needle *SiMa* 驷马 (88.17, 18, 19) and *TongShen* (88.09) 通肾. 三重点刺，再针驷马、通肾。
3. Bleeding the oral membrane on the diseased side has special therapeutic effect.
4. Bleeding the ear apex of the diseased side is also effective.

This facial paralysis does not involve apoplexy, but rather Bell's paralysis and facial neuritis. It is usually caused by cold or exposure to cold wind during sleep with windows open. After getting up the next morning, the patient had salivation while brushing the teeth and a deviated face. When I served as the member of the council of Taiwan Association of Traditional Chinese Medicine in 1980, the director of the board was suffering from facial paralysis at a meeting. I urged him to have timely treatment. Three weeks later he gave me a call and asked me for help. I asked him why he didn't receive any treatment for three weeks. He told me he was the director of the board and many doctors gave him treatment on their own initiative but received no effect. He also prescribed some herbal medicine for himself that didn't work either. I gave him blood-letting treatment on the oral membrane of the affected side twice and he was completely cured. This case report was published in The

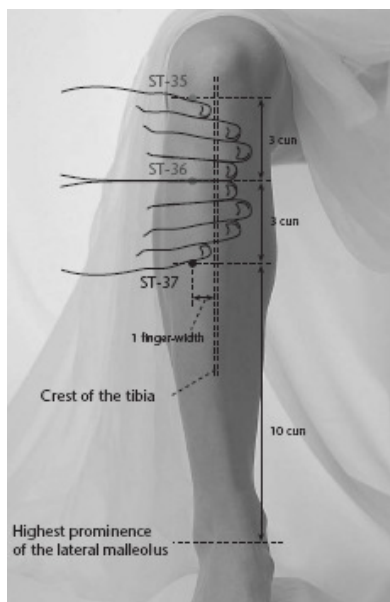
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Annals of Traditional Chinese Medicine, 1981. There are more such case examples. Among all the cases of facial paralysis, the youngest was a few month old newborn baby. For the treatment, I also used blood-letting therapy. The second treatment was given 3-4 days later. In general, 2-3 treatments may cure the patient.

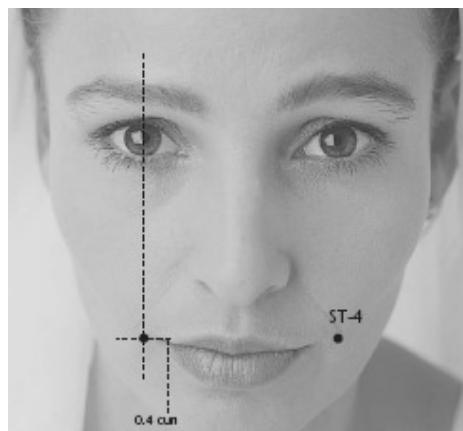
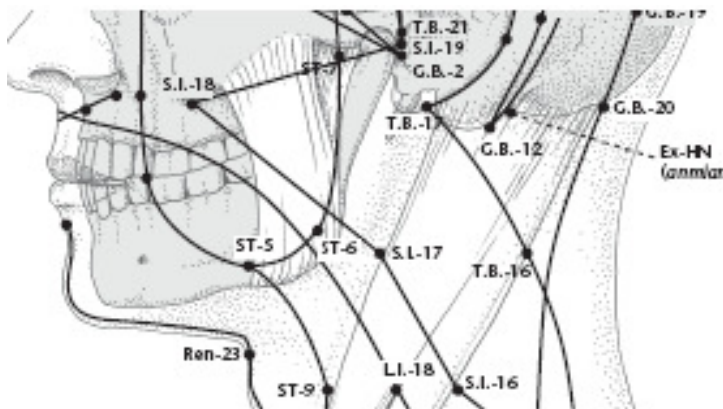
There is one thing I'd like to make it clear: the pathological condition may get worse after the first treatment. This is because the first five to seven days after the attack are progressive stages of the disease. However, with continued treatment, the condition will not get worse but will become gradually alleviated. This statement should be given to the patient during the first week of treatment.

I once suffered from facial paralysis. In the winter of 1994, I was invited by the board director of Taiwan Association of Acupuncture to accompany the delegates of HongKong Association of Chinese Medicine to dinner. Eight people drank 3 bottles of western liquor. I usually didn't drink alcohol, but I drank a lot that night. I had been busy writing articles for a special newspaper column for a few nights. I also had many patients in my clinic during the day and was tired. During the dinner, I was sitting close to the air conditioner. Suddenly, I was

feeling abnormality like numbness and stiffness on my face. Some person sitting beside told me that my face was deviated. Immediately, I went home and asked one of my students to needle *ShangJuXu* (ST 37), *ZuSanLi* (ST 36) and do blood-letting. The next morning, the condition was even worse. I kept on working in clinic during the day with a plaster on my face. That evening I needled the points myself with no change. After treatment on the third day, the condition started to improve. I then asked my student to perform more bleeding. By the fourth day, most of the deviation was corrected. I received treatment with acupuncture twice a day and blood-letting once every other day. In addition, I took *GuiZhiJiaGeGenTang* (Decoction of Ramulus Cinnamomi and Radix Puerariae) plus *QianZhengSan* (Powder for Treating Facial Paralysis). By the fourth day of treatment, the disease was almost cured and the fifth day, it was completely cured when the herbal decoction was finished. Many people didn't believe I was cured in four days. However, I received treatment twice a day, for four days; this treatment is equal to regular treatment of eight days, and thus the effect. A correspondent reported my case in the newspaper and tens of patients with facial paralysis came to visit me in one week. I saw that there are many patients suffering from this disease.



If the duration of the disease goes beyond 3 weeks, the patient needs to take decoction of *BuYangHuanWuTang* (Decoction Invigorating Yang for Recuperation) plus *QianZhengSan* (Powder for treating Facial Paralysis). If the



duration of the disease is more than one month, it is more difficult to treat. In general, the therapeutic effect of local points such as *DiCang* (ST 4) and

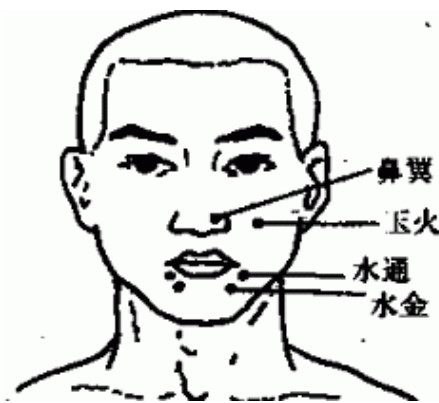
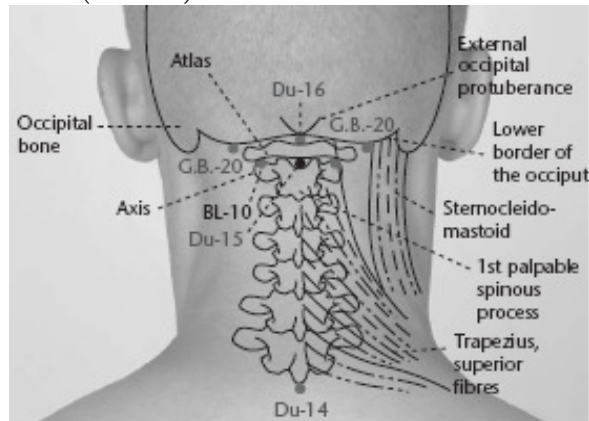
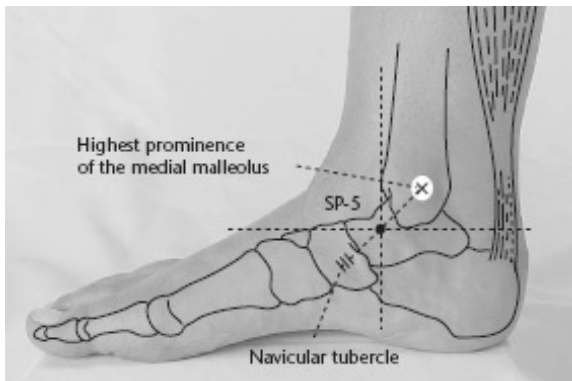
JiaChe (ST 6) are not good. For chronic cases, needle *ShangJuXu* and *ZuSanLi* bilaterally, or select *CeSanLi* and *CeXiaSanLi* contra laterally. Retention of needles should be long. The two groups of points are often selected alternatively. If the duration is over two months, the patient should also take the herbal decoction,

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ShunFengYunQiSan (Powder for Dispelling Wind and Harmonizing Qi) for good therapeutic effect. In addition, needle *ShangJuXu* and *ZuSanLi* or *CeSanLi* and *CeXiaSanLi*. Moreover, blood-letting in the oral cavity may improve the results. When needling *ShangJuXu* and *ZuSanLi*; insert the needles at a 45 degree angle obliquely upward. The depth of insertion should be 2 *Cun* and the duration of needle retention should be at least 60 minutes. Blood-letting should be given once every other week. Generally speaking, a two-week treatment may cure an acute case completely. This requires that acupuncture be given 3 times a week. If receiving treatment twice a day like I did, the therapeutic effect can be faster. Attention should be given to the angle of needle insertion. It is the best to insert the needle along the stomach channel with the angle of 45 degrees upward. The stomach channel runs from the upper to the lower. Treatment is therefore given against the flow of *Qi* in the channel. Such oblique insertion has better effect than perpendicular insertion. These two points are used because *ShangJuXu* is the lower *He*-sea point of the large intestine and *ZuSanLi* is the *He*-sea point of the stomach. Both of the two channels go up to the face and wind around the lips, and thus the two points are indicated in diseases of face and mouth. The therapeutic effect is also related to reinforcing or reducing method based on the needling direction along or against the channel. According to my experience, oblique insertion is more effective than perpendicular insertion. Long needle retention, at least 60 minutes may obtain better results.

Rigidity of the tongue (aphasia due to apoplexy) 舌强难言 (中风失语)

1. Needle *JianZhong* 肩中 (44.06). If point *ShangQiu* 商丘 (SP 5) is added, the effect is even better. 针肩中、配商丘更佳。
2. Needle *ZongShu* (1010.07) shallowly or prick the point to cause bleeding.
3. Select *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19).



Rigidity of the tongue here refers to aphasia due to apoplexy, for which it is quite good to prick the points around *FengFu* (DU 16) and *YaMen* (Du 15) to cause slight bleeding. Such treatment is usually given once every 3-4 days. Apoplectic aphasia is a form of stroke sequela and its principle of treatment is the same as that of apoplexy. This will be detailed later in discussion regarding to the selection of points and management of the acute condition. I have been invited to the hospitals to give emergency management to tens of apoplectic patients. Many of them had no hope of survival. However, after acupuncture treatment with blood-letting therapy and use of herbal medicine, they resuscitated and survived. My clinical practice has proven to me that acupuncture for the treatment of hemiplegia due to stroke has the best therapeutic

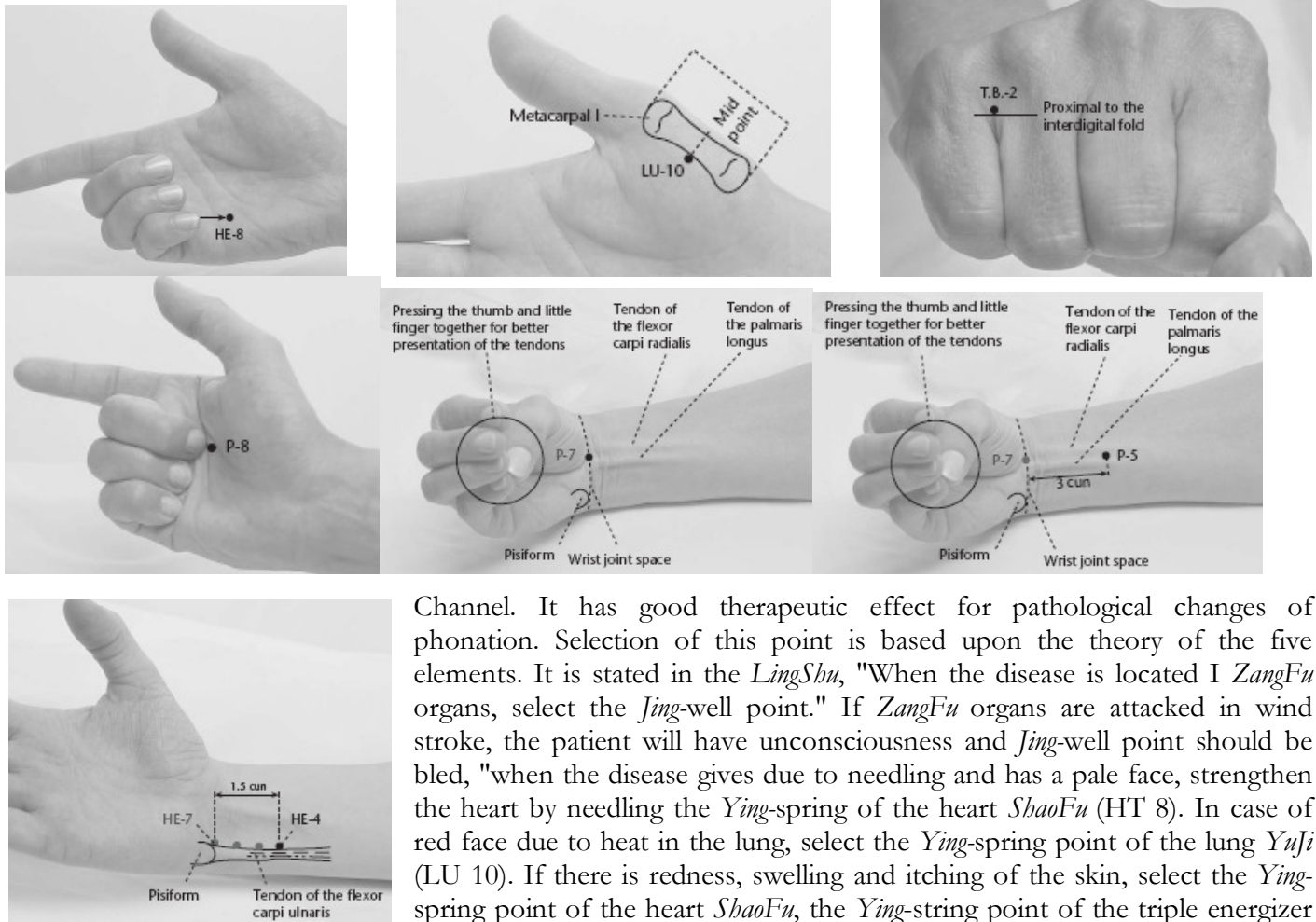
result.

For aphasia due to apoplexy, *ShuiJin* has good therapeutic effect. After needling *ShuiJin*, bleed *FengFu* and *YaMen*. *FengFu* and *YaMen* are indicated for aphasia and vomiting. This is based upon the correspondence between the

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anterior and posterior. Bleeding the two points are very effective for nausea and vomiting which is a disease of the anterior while *FengFu* and *YaMen* are the points of the posterior. In acupuncture, this method of treatment is known as correspondence between the anterior and posterior. It is also known as "Treating *Yin* diseases with *Yang* points and treating *Yang* diseases with *Yin* points." The method of correspondence and treatment will be detailed later for diseases of the four limbs. Understanding the correspondence and symmetry of the four limbs is essential to treatment of their diseases. Such correspondence and symmetry exist between arm and arm, arm and leg, arm and trunk, arm and thigh, leg and leg, leg and trunk, left and right upper and lower, and anterior and posterior. Some doctors don't study much about the theory of channels and collaterals but know the correspondence and symmetry, but they can still treat many diseases. If we have a good command of the knowledge of both, we will be able to treat diseases better. The more we know such knowledge, the better and more flexible we will be in treating diseases, especially knowing how to start the treatment for a patient. As a doctor of Chinese medicine, we need to have confidence for good therapeutic effect. If we doctors don't have confidence, there would be no therapeutic effect. It is therefore important to have confidence, which comes from a good command of such knowledge.

Point *ShangQiu* is very effective for aphasia because the spleen is the metal and *Jing-river* point of the spleen



Channel. It has good therapeutic effect for pathological changes of phonation. Selection of this point is based upon the theory of the five elements. It is stated in the *LingShu*, "When the disease is located I *ZangFu* organs, select the *Jing-well* point." If *ZangFu* organs are attacked in wind stroke, the patient will have unconsciousness and *Jing-well* point should be bled, "when the disease gives due to needling and has a pale face, strengthen the heart by needling the *Ying-spring* of the heart *ShaoFu* (HT 8). In case of red face due to heat in the lung, select the *Ying-spring* point of the lung *Yuji* (LU 10). If there is redness, swelling and itching of the skin, select the *Ying-spring* point of the heart *ShaoFu*, the *Ying-string* point of the triple energizer

SanJiao channel *YeMen* (SJ 2) and *SanChaSan* (A.04), which is located behind *YeMen*. If the pathological condition is going up and down, select the *Shu-stream* point. "When there is pathological change in phonation, select *Jing-river* point." It means when any pathological change happens to phonation, we may select *Jing-river* point in treatment. For instance, we may select point of pericardium channel to treat nausea and vomiting. This is because the stomach channel and pericardium channel are inter-connected. *LaoGong* (PC 8), *DaLing* (PC 7) and *NeiGuan* (PC 6) are all indicated in nausea and vomiting. However, point *JianShi* (PC 5) is the best. This is

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because *JianShi* is the *Jing*-river point and is indicated in abnormal voice that occurs with vomiting. In case of sudden aphonia caused by fright, which is considered to be an abnormal change of phonation related to heart and mind, we should select *LingDao* (HT 4), the point of the heart that dominates mind and the therapeutic effect is good. In general, any pathological changes of the phonation can be treated by *Jing*-river points. This consideration is originated from *NeiJing*.

Now let's see what is said in the book *NeiJing*: "*Jing*-well point is indicated in fullness of epigastrium; *Ying*-spring point is indicated in hotness sensation of the body; *Shu*-stream point is indicated in heaviness and pain of the body and joints; *Jing*-river point is indicated in asthmatic breathing, cough, chills and fever; *He*-sea point is indicated in dysentery due to adverse flow of *Qi*". Corresponding to the five elements, the *Jing*-well point pertains to metal; the *Shu*-stream point pertains to earth; the *Ying*-spring points pertain to fire; the *Jing*-river point pertains to wood. In the five elements, metal makes the loudest sound. When the metal is broken, its sound becomes lower. A broken bell doesn't make sound. On the contrary, a stuffed bell doesn't make sound either. Take the common cold as an example. It is often caused by an invasion of pathogenic cold, which causes *Qi* stagnation in the lung, giving rise to hoarse voice. Both cough and asthmatic breathing are diseases related to change of voice, and the *Jing*-river point of the lung or other related channels can be selected in the treatment since the lung pertains to metal according to the theory of the five elements. The *Jing*-river point is also indicated for cold and heat syndromes of the common cold because *Jing*-river point, like the lung, pertains to metal. For aphasia due to wind stroke, the best choice is the *Jing*-river point of the spleen. This is because, for wind stroke, earth points (the points of the spleen and stomach) should be selected to promote metal. Further, the *Jing*-river points are empirical for treating aphasia. Moreover, the spleen channel goes to the root of the tongue. Therefore, the *Jing*-river point of the spleen channel *ShangQiu* is very good for aphasia due to wind stroke. The herbal formula for such aphasia is *DiHuangYinZi* 地黄飲子 (Rehmannia Decoction), which is very good for stroke patients with hemiplegia and aphasia. This condition is also known as "*FengFei*" and "*YinFei*", for which the combination of both herbal medicine and acupuncture in the treatment is much better. Another problem caused by stroke is dysphagia, which could be treated by bleeding *FengFu*, *YaMen* or *ZongShu* plus *DiHuangYinZi*.

Sublingual swelling 舌下肿



1. Needling *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) is effective. Bleeding *JinJin* 金津 and *YuYe* 玉液 (Extra) may have even better result. 针侧三里、侧下三里有效。(可于金津、玉液点刺出血效果更佳)
2. Give blood-letting to the ear apex.

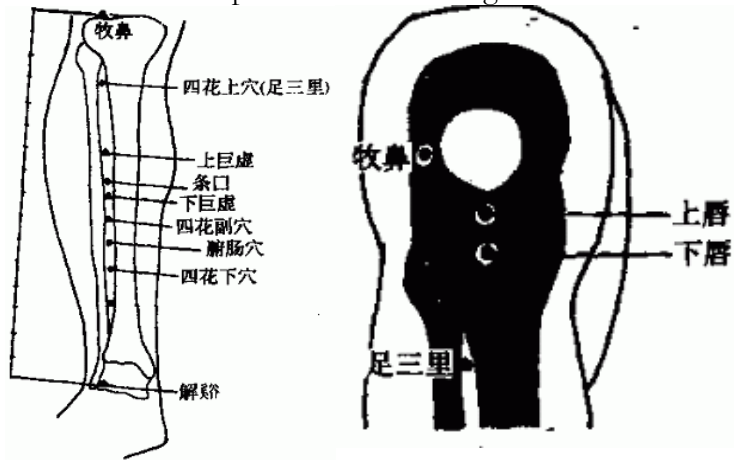
Sublingual swelling here refers to swelling of the tongue body, which can be treated by many points. In Tung's extraordinary points, *CeSanLi* and *CeXiaSanLi* are often needled. Since the spleen channel is connected with the root of the tongue exteriorly and the heart interiorly (the heart opening into the tongue), the points of the heart and spleen should be selected if we use the points of the fourteen channels. In brief, bleeding

JinJin and *YuYe* has very good therapeutic effect. Since the heart opens into the tongue, we can also bleed the ear apex.

A Study on Tung's Acupuncture

Oral ulceration 口内生瘤

1. Prick point *SiHuaZhong* 四花中 (77.09) to cause bleeding and needle *SiHuaShang* 四花上 (77.08). 四花中点刺、针四花上。
2. Prick point *ShangChun* 上唇 (77.15) and *XiaChun* 下唇 (77.16) to cause bleeding.
3. Give blood-letting to *TaiYang* (Extra).
4. Prick ear apex to cause bleeding.



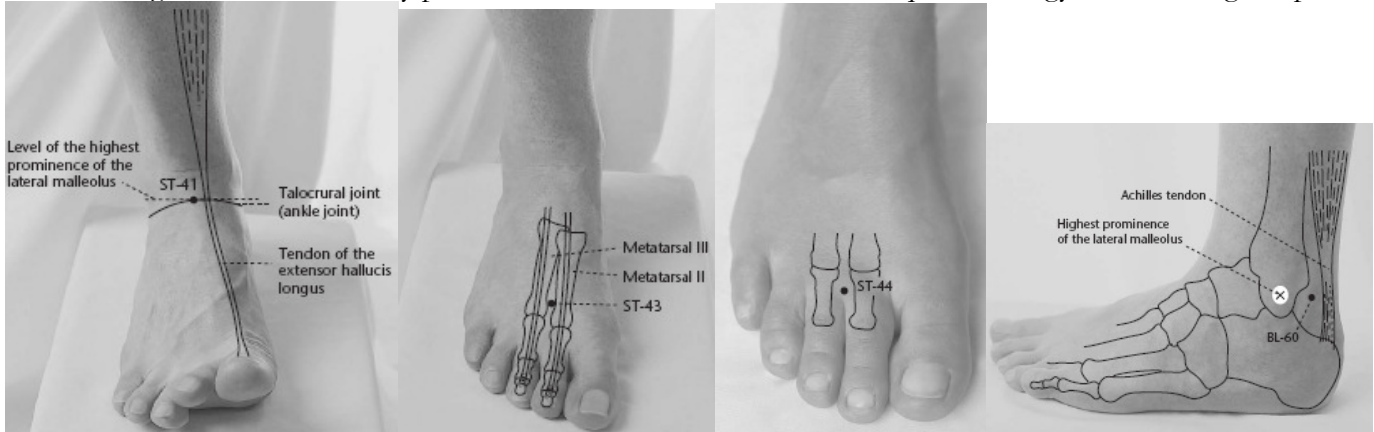
Oral ulceration is a disease related to the heart and spleen. In treatment, we can bleed local points around the ulcer or *SiHuaZhong* or *ShangChun* and *XiaChun*. If the ulceration is multiple, bleeding *TaiYang* is the best. To make the treatment simple, bleeding *TaiYang* is very effective.

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Toothache 牙痛

1. Needle *LingGu* 灵骨 (22.05) bilaterally, and *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) contra laterally. 针灵骨，交刺侧三里，侧下三里。
2. Needling *SiHuaWai* 四花外 (77.14) is also effective. 针四花外亦有效。
3. Prick the dorsum of the foot.

Master Tung used to select many points to treat toothache. His most frequent strategy was bleeding the points



Located between *XianGu* (ST 43) and *JieXi* (ST 41), or the points on the dorsum of the foot along the gallbladder channel when there was inflammation. He usually punctured the points on the healthy side with filiform needles and bled the points on the diseased side, with good therapeutic effect. After that, *LingGu* and *CeSanLi* were needled to consolidate the treatment. When using the fourteen channels, select *NeiTing* (ST 44) and *ZuSanLi* (ST 36) for pain of the upper teeth, and *HeGu* or *SanJian* for pain of the lower teeth. The pain of the tooth root is related to the kidney, and can therefore be treated with *TaiXi* (KI 3) and *KunLun* (BL 60).

There are effective herbal methods for toothache. Soak 30 grams of *ShiGao* (Gypsum Fibrosum) and *XiXin* (Herba Asari) in boiling water. This is known as *ErXinTang* (Decoction of Two Pungent Drugs) because both ingredients are pungent. The decoction is used to rinse the mouth for an anesthetic effect. *ShiGao* (Gypsum Fibrosum) is pungent and cold and has the function to clear heat from the stomach; *XiXin* (Herba Asari) is pungent and warm affecting the kidney, and tonifies the kidney. 80-90% of such cases have fire in the stomach or kidney; there *ErXinTang* is used for toothache. There is another formula used for toothache called *YuNuJiang* (The Jade Lady Decoction) that also clears fire from the stomach and kidney. In case of decayed teeth, treatment can include modified *QingWeiSan* (Powder for clearing Heat from the Stomach). As previously mentioned, *SanChaSan* (A.04) is a good point for all the diseases of the five sense organs, including toothache.

A Study on Tung's Acupuncture

Diseases of the face 颜面疾病

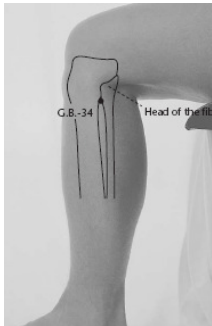
Facial Spasm (spasm and tremor) 颜面神经抽掣

1. Needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) and *ZhongJiuLi* 中九里 (88.25) which is actually point *FengShi* 风市 (GB 31). 针侧三里，侧下三里及中九里（风市）有效。
2. For facial spasm, needle point *SiMa* 驷马 (77.17, 18, 19) 面部神经紧张一驷马。.
3. Needle *WanShunYi* 腕顺一 (22.09) and *WanShunEr* 腕顺二 (22.08). 腕顺一、二。

Numbness of the face 面麻

1. Bleed point *SanChong* 三重 (77.07) and needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23). 三重放血，针侧三里、侧下三里。
2. Unilateral facial paralysis: *FengShi* 风市 (GB 31) and *CeSanLi* 侧三里 (77.22). 半面脸麻痹一风市、侧三里。

In the introduction to the facial diseases, we discussed facial spasm first, which has a larger affected area with higher frequency than twitching of the eyelid. However, both have the same treatment principle. As mentioned previously, *WanShunYi* and *WanShunEr* are very effective for these types of facial disease. Other useful points include *CeSanLi*, *CeXiaSanLi* and *FengShi* and point *SiMa*. The indicated herbal formula is *ShaoYaoGanCaoTang* (Decoction of Radix Paeoniae and Radix Glycyrrhizae) plus *QianZhenSan* (Powder for Facial Paralysis) with modifications.



The facial paralysis mentioned here doesn't refer to deviation of mouth and eye. It is a kind of abnormality insensibility of the face, a kind of dull sensation of the face. Such patients should pay attention to the prevention of apoplexy. In mild case, we needle *CeSanLi* and *CeXiaSanLi*. For all diseases of the face, we can needle the two points contra laterally, these include: dull sensation of the face, facial spasm, zygomatic pain and trigeminal neuralgia. In severe cases, bleed *SanChong* because it is located between the stomach and gallbladder channels and is therefore very effective for the diseases of *YangMing* and *ShaoYang* channels. It is also helpful to bleed the ear apex.

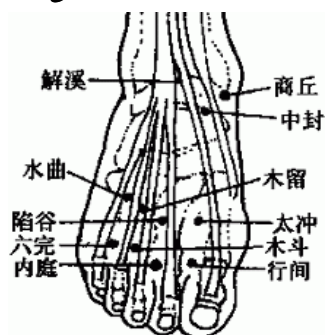
Zygomatic pain 颧骨疼痛

1. Prick point *SanChong* 三重 (77.07) to cause bleeding. 三重点刺出血。
2. Needle *CeSanLi* (77.22) and *CeXiaSanLi* (77.23). 针侧三里、侧下三里。

In case of zygomatic pain, it is also advisable to needle *CeSanLi* and *CeXiaSanLi*. In severe case, bleed *SanChong*. *WanShunYi* is also a good point. *YangLingQuan* (GB 34) and *HouXi* (SI 3) are also very effective.

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Trigeminal Neuralgia



1. Needle *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) (corresponding to *DuBi* ST 35). 侧三里、侧下三里（外膝眼）。
2. Needle *MuDou* 木斗 (66.07) and *MuLiu* 木留 (66.06).
3. Needle *DaBai* (22.04).
4. Needle *WanShunYi* (22.09) and *WanShunEr* (22.08).
5. In chronic case, bleed *TaiYang* (Extra).

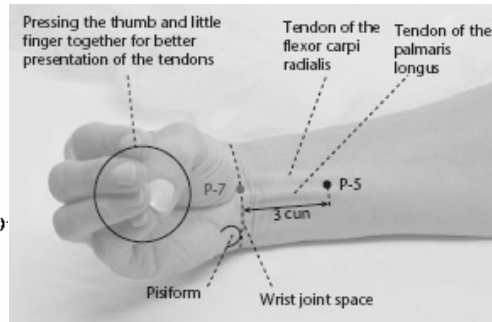
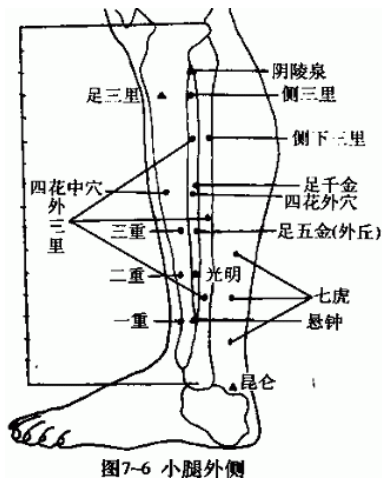
To treat trigeminal neuralgia, needle *CeSanLi* and *CeXiaSanLi* first. In severe cases, add *DuBi* (ST 35). *MuDou* and *MuLiu* are also very good, as are *WanShunYi*, *WanShunEr* and especially *DaBai*. Select *DaBai* on the healthy side as the therapeutic

point and *HouXi* on the diseased side as the guiding point, or vice versa. Both of these methods are effective. While the above groups of points have very good therapeutic effect for trigeminal neuralgia one can add *CeSanLi*, *CeXiaSanLi* and *ZhongJinLi* on the leg. For very severe cases of trigeminal neuralgias, acupuncture treatment may stop the pain immediately. Bleed *TaiYang* for severe conditions. Bleeding must be given to the diseased side while filiform needling the healthy side.

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Diseases of the throat 咽喉疾病

Fish bone in the throat 鱼骨刺喉

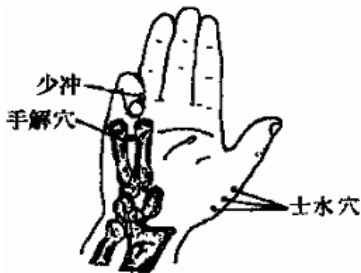


1. Needling point *ZuQianJin* 足千金 (77.24) has special effect. 针足千金有特效。

Needling *ZuQianJin* has very good therapeutic effect for fish bone in the throat. This point is considered to be related to the external and internal relation between the lung and large intestine, and hence the name *Jin* (metal). Point *JianShi* (PC 5) of the

pericardium channel is an important point for fish bone in the throat. It also pertains to metal according to the theory of the five elements. From this, it can be seen that Master Tung paid a lot of attention to the theory of the five elements in the use of Tung's extraordinary points.

Sore Throat 喉痛



1. Bleed the vein on the ear back. 耳后青筋放血。
2. Bleed point *SanChong* 三重 (77.07). 三重穴放血。
3. Bleed *ZuQianJin* 足千金 (77.24). 足千金放血。
4. *TuShuiEr* 土水 (22.11) and *SanChaSan* (A.04) are very effective for acute sore throat.
5. Point *HuoYin* (66.03) is very effective.

There are many points indicated for sore throat. *SanChaSan* and *TuShuiEr* are extremely good for acute sore throat. The two points can cure a mild case in one treatment, and even a severe case may have the symptoms alleviated by 70-80%. *SanChaSan* is an important point for exogenous diseases which are the primary cause of acute sore throat. The midpoint of *TuShui* overlaps point *YuJi* (LU 10), the *Ying*-spring point of the lung channel. *Ying*-spring and *Shu*-stream points dominate the exterior. They are therefore effective for sore throat. The combination of the two points mentioned above is very effective for the sore throat. However, in case of chronic sore throat, the best point is *HuoZhu* (66.04), because the liver channel travels deeply in the throat. Sometimes sore throat is related to the kidney and *HuoZhu* should be needled along the border of the bone. It is very effective for chronic sore throat related to the liver and kidney. Bleeding ear apex or ear back is also good for sore throat. It is also good for acute exogenous sore throat and can immediately stop pain.

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Diseases of the neck and nape

Scrofula 颈病 (瘰癧)

1. Needling *SanChong* 三重 (77.07) and *LiuWan* 六完 (66.08) on the diseased side is very effective. 针三重、六完，取患侧穴位非常有效。
2. Bleed *SanChong* 三重 (77.07) and then needle *ChengFu* 承扶 (BL 36) and *ZhiBian* 秩边 (BL 54). The effect is extremely good. 三重放血，再针承扶、秩边。效果极佳。

Enlargement of thyroid gland 大颈泡

1. First bleed *SanChong* 三重 (77.07), then needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23). 先于三重放血，再针侧三里，侧下三里。
2. Needle *ZuQianJin* 足千金 (77.24) and *ZuWuJin* 足五金 (77.25). 针足千针，足五金。
3. Bleed point *SanChong* (77.07).
4. Needle point *SiMa* (88.17,18,19)

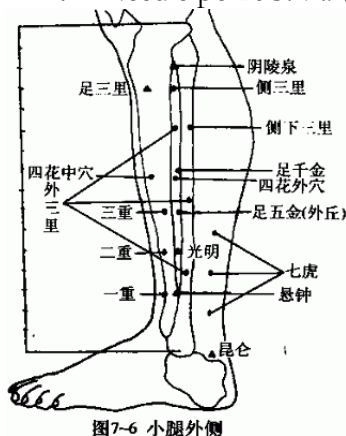
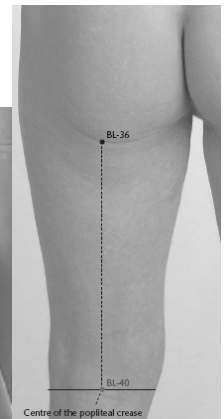
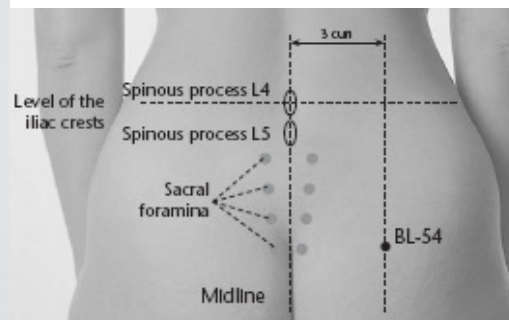
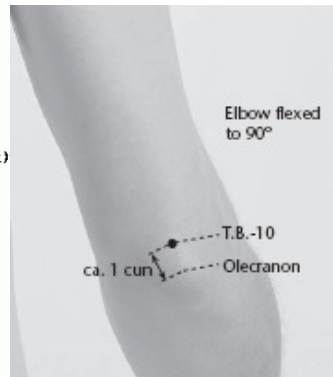


图7-6 小腿外侧



Scrofula is rarely seen during modern times. Master Tung used *ZhiBian* and *ChengFu* to treat it with good results. I treated many such cases 30 years ago and few cases few years ago. Bleed *SanChong* after needling and the therapeutic effect is improved. The ancient medical song said the point *TianJing* (SJ 10) of the triple energizer channel has the best therapeutic effect for scrofula. This consideration is also recorded in such books as *YiZongJinJian* (The Gold Mirror of Medicine), *YuLongGe* (The Song of Jade Dragon), *YuLongFu* (The Poem of Jade Dragon) and *ShenYuGe* (Song More Precious than Jade). My clinical experience confirms the efficacy of *ZhiBian* and *ChengFu*.

Hyperthyroid exophthalmus 甲状腺眼突

1. Needle point *SiMa* 驷马 (88.17,18,19) 驷马。
2. Needle *ZuQianJin* 足千金 (77.24) and *ZuWuJin* 足五金 (77.25). 针足千针，足五金。
3. Bleed point *SanChong* (77.07).

In the treatment of enlargement of thyroid gland, Master Tung used point *SiMa* the most. There is no better point. After *SiMa*, he selected *ZuQianJin* and *ZuWuJin*. These two points indicated in all the diseases around the neck. For neck disorders, bleeding *SanChong* is also very good. Needle *SiMa* for recent onset of hyperthyroid exophthalmus. This treatment can help the eyeballs return to normal. The ancient physicians considered that "the neck and nape are the area where liver diseases happen". Needling *SiMa* strengthens the lung, supplements *Qi* and soothes the Liver.

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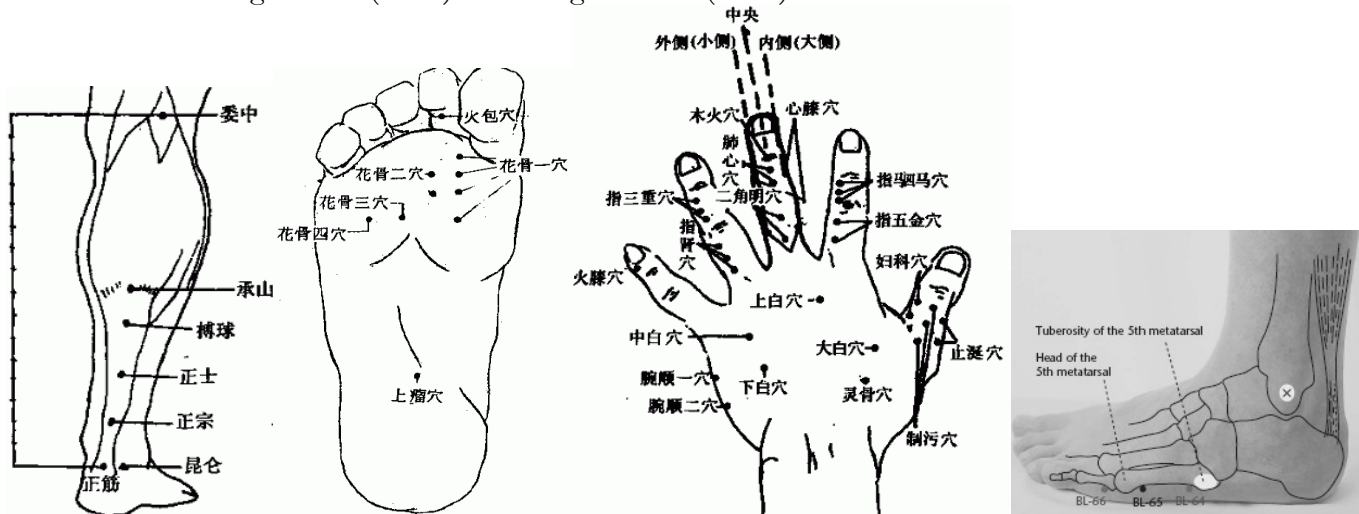
Skin diseases around the neck 颈项皮肤病

1. Needling *JianZhong* 肩中 (44.06) is effective. 针肩中有效
2. Needle *SiMa* (88.17, 18, 19).
3. Bleed ear apex.

Point *JianZhong* is effective for skin diseases around the neck. *SiMa* is effective for all kinds of skin diseases. However, needling this point set requires special technique, which will be introduced in discussion on sternocostal diseases. Needling *JianZhong* or *SiMa* plus ear apex bleeding may have better results.

Stiffness of the neck 项强: (颈痛)

1. Needling *ZhengJin* 正筋 (77.01) and *ZhengZong* 正宗 (77.02) may immediately help rotate the neck freely. 针正筋、正宗立能转侧。
2. Needle point *HuaGuYi* 花骨一 (55.02) 花骨一穴。
3. Needle *ShangBai* 上白 (22.03) and *ZhongBai* 大白 (22.06)



The best point for stiffness of the neck is *ZhengJin* and *ZhengZong*. In severe case, bleeding *WeiZhong* (BL 40) is better. Point *HuaGuYi* is also applicable. Since it is located on the sole and needling this point is painful, *ZhengJin* and *ZhengZong* may be chosen. We have introduced three groups of points here. However, that doesn't mean all points from the three groups must be selected in a single treatment. We just need to use one of the three groups. They are all effective. Usually, we introduce the most effective one first. In the points of the fourteen channels, the most effective point is *ChengJiang* (REN 24). Selection of this point is based on the principle of



correspondence between the anterior and posterior, using a *Yin* channel point to treat disease of the *Yang* channel (using *Ren* channel to treat *Du* channel). The point *HouXi* and *ShuGu* (BL 65) of the hand and foot *TaiYang* channels are also very good for stiffness of the neck. Both of the two points are *Shu*-stream points. *Shu*-stream points are indicated in heaviness and pain of the body and joints. They also pertain to wood in terms of the five elements. Therefore they are very effective in treatment of tendon disease. However, they are different in clinical application. As

stated in Chapter 26 of *LingShu*: "In case of difficult rotation of the neck, select *HouXi*; In case of difficult flexion and extension, select *ShuGu*." *ZhengJin* and *ZhengZong* should be selected first. However, for convenience, *HouXi* and *ShuGu* may be selected instead. *ChengJiang* could serve as the guiding point for either of the above two groups. Three points are therefore enough for one treatment. Both *ZhengJin* and *ZhengZong* are located on the ankle, corresponding to the neck in terms of holography. Moreover, the two points are on the Achilles tendon,

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selection of the two points follows the principle of "needling tendon to treat tendon disease". The third reason of selection of the two points is that they are connected with the urinary bladder channel and they are therefore effective for stiffness of the neck.

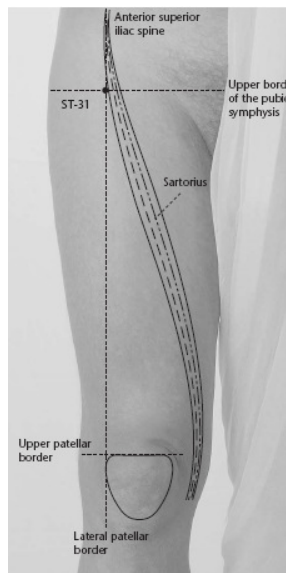
Mumps (parotitis and inflammation of sub-auricular gland) 痄腮 (腮腺炎或耳下腺炎)

1. Bleed the ear back. 耳背放血。
2. Prick point *SiHuaWai* (77.14) to cause bleeding.
3. Prick *SanChong* (77.07) to cause bleeding.

Delayed treatment of mumps may lead to testitis and give rise to infertility. Some patient who were infected by the disease when they were young, have aspermia. In the treatment of this disease, first bleed the ear back and then bleed point *SanChong* or *SiHuaWai*. The herbal formula *PuJiXiaoDuYin* (Universal Decoction for Disinfection) is very effective. It is also very good to use *SanHuangErXiangSan* (Powder of Three Yellow Drugs and Two Aromatic Drugs) for topical application.

Pain of the shoulder and neck 肩颈痛

1. Needle *ShenGuan* 肾关 (77.18). 肾关上、髌关。
2. Needle *ShenGuan* (77.18) and *SiHuaShang* (77.08)
3. Needle *ChongZi* (22.01) and *ChongXian* 重仙 (22.02).
4. Needle *BiGuan* (ST 31)



ShenGuan is a frequently used point for pain of the shoulder and back, especially when the pain of the neck is involved. It is often used in combination with *SiHuaShang* for better results. Further, for the pain of the shoulder and neck, *ChongZi* and *ChongXian* are also very effective.

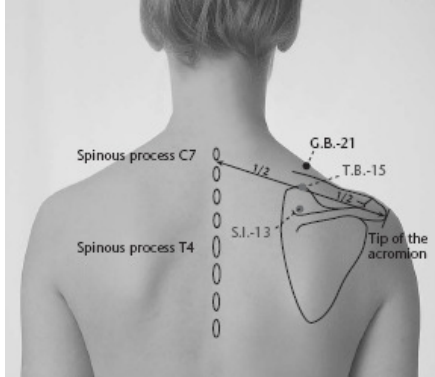
It was more than 30 years ago when Master Tung would select *ShenGuan*. At that time, there was not enough attention paid to sterilization. Later on, he gave sterilization to the point on the clothes and then inserted the needle into the point. After work, he soaked the used needles in alcohol for the night for sterilization. From 30 years ago when there was no sterilization of the needles to 20 years ago when the needles were sterilized in pressure cooker, to 15 years ago when practitioners started the use of disposable needles, there has been great progress in clean needle technique. If the patient cannot remove his

clothes, select points which don't require taking off the clothes. One of the characteristics of Tung's acupuncture is, it often uses points on the arms and legs. It is therefore convenient, safe, and easier to avoid accusations of sexual abuse. Blood-letting on the back is very shallow and is therefore also very safe.

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Neck Sprain 落枕

1. Needle *ChongZi* (22.01) and *ChongXian* (22.02) 重子、重仙。
2. Needle *ZhengJin* (77.01) and *ZhengZong* (77.02) 正筋、正宗。
3. Needle *MuLiu* (66.06) 木留。
4. Needle *ShangBai* (22.03) and *ZhongBai* (22.06)

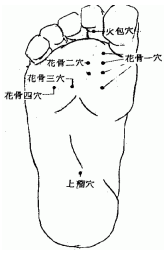


Neck sprain is a common disease. We often see cases in the clinic where there is a sudden attack with impaired neck rotation and pain referring to the shoulder and back. For the treatment, we first select either *ChongZi* or *ChongXian* and then needle *ChengJiang*. The therapeutic effect is very good. If the pain affects the neck, *ChongXian* is better, and if the pain affects the shoulder, *ChongZi* is better. If the pain affects both the neck and shoulder severely, select both points plus *ChengJiang*. Ask the patient to exercise their neck while stimulating the point with the needle for immediate and improved results. Patients who come to the clinic on the same day of an attack often get complete relief immediately following treatment. Even if the patients come to the clinic two to three days after attack, the pain can

be relieved 80% in the first treatment. Other points that can support and assist including, *ZhengJin* and *ZhengZong*. Moreover, the simultaneous use of *MuLiu*, *ShangBai* and *ZhongBai* are also very effective. In the clinical practice, needling *ChongZi* or *ChongXian* are usually enough. As for herbal medicine, many physicians like to use *GuiZhiJiaGeGenTang* (Decoction of Ramulus Cinnamomi and Radix Puerariae). But the therapeutic effect is not good enough since the formula is for the *TaiYang* channel. Many patients with neck sprain have pain on the shoulder, especially at point *JianJing* (GB 21) which belongs to *ShaoYang* channel. Therefore, the treatment should cover *ShaoYang* channel as well, therefore the formula must be modified. The therapeutic effect is improved by adding *ChaiHu* (Radix Bupleuri). The pain at *JianJing* will not likely disappear without adding *ChaiHu*. The results are improved further by adding drugs that dispel wind such as *QiangHuo* (Rhizoma seu Radix Notopyterygii) and *FangFeng* (Radix Ledebouriellae). One or two does may completely cure a case. If the patient doesn't care for acupuncture, they can be quickly cured with herbal medicine. Combining acupuncture and herbal medicine provides the most reliable and expedient outcome.

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Question: What is the location and indication for HuaGu 花骨 (55.02, 03, 04, 05)?



HuaGu Yi (55.02) is located between the great and second toes and is indicated in diseases of the face and neck; *HuaGu Er* (55.03) is located between the second and third toes and is indicated in diseases of the shoulder and back; *HuaGu San* (55.04) is located between the third and fourth toes and is indicated in pain of the waist; and *HuaGu Si* (55.05) is located between the fourth and fifth toes and is often used to treat sciatica. The indications for these points are more or less associated with holography. Once you understand holography, it is easy to understand the mechanism of their indication.

Question: What is the mechanism for treating skin diseases?

Treatment of skin diseases is first based on the combined principles of "needling the skin for skin diseases and needle the muscle for muscular diseases". The location of skin is very extensive and the points located on big area are therefore often selected. Second, the points located on rich muscles such as *QuChi* (LI 11), *ShouSanLi* (LI 10), *HeGu* (LI 4), *SiMa* (88.17, 18, 19) and *JianZhong* (44.06) are often related to *YangMing* channels. Almost all these points are points of *YangMing* channels, which have ample *Qi* and Blood and therefore are effective in regulating *Qi* and blood, thus the therapeutic effect in treating skin diseases.

Tung's extraordinary points are not ordinary extra points which are separated from each other, rather, they are symmetrical points listed together with the points of the fourteen channels in parallel. They are also based upon systematic theory. I have spent a great deal of effort studying the *NeiJing*, *YiJing* and many other classic canons of traditional Chinese medicine. This experience has helped me to develop and create effective theories based upon the application of Tung's extraordinary points. A good command of the points of the fourteen channels will help one to understand Tung's extraordinary points, similarly to the relationship between the *ShangHanLun* and *WenBingTiaoBian* (Treatise on Differentiation and Treatment of Epidemic Febrile Diseases). If you have a good knowledge of *ShangHanLun* prescriptions, then you will be good at *WenBing*. However, *WenBing* has its own theoretical system. In the treatment of febrile diseases, on the top of clearing heat, emphasis is mainly put on nourishing *Yin*. While in *ShangHanLun*, emphasis is less on nourishing *Yin* and more on strengthening *Yang*. The question is: which is the main contraindication? Historically, *WenBing* was a very small branch of practice. Only in the *Qing* dynasty, did it become one of the major therapeutic systems in Chinese Medicine. Tung's extraordinary points had similar circumstances. So also, Master Tung's system of extraordinary points was handed down for generations before he made it public. He contributed to the theory, quickening the development of the system and the therapeutic effects have been rapid and better.

Question: Would you like to talk something about the use of herbal prescriptions in treatment of headache?

Headache is a common disease in the clinic. There are various forms of acute and chronic headaches; however, they are generally divided into two categories, exogenous and endogenous. The exogenous headache is mostly caused by pathogenic wind. Since chapter 5 of *ShuWen* "Wind is liable to affect the upper part of the body first", headaches occur, the pathogenic wind often combines with cold blocking the channels and collaterals, heat disturbing the head, or damp suppressing the misting of *Yang*. For headache due to wind, we can use *MaHuangGuiZhiTang* (Decoction of Herba Ephedrae and Ramulus Cinnamomi) or *JingFangBaiDuSan* (Antiphlogistic Powder of herba Schizonepetae and Radix Potentillae) according to the symptoms and signs of wind cold or heat; if the headache is intermittent with attacks due to exposure in wind and cold and severe pain during attacks, use *ChuanXiongChaTiaoSan* (Powder of Rhizoma Ligustici ChuanXiong) to be taken together with

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tea as the main prescription. In case of headache due to wind heat the attack of which is often induced by heat or sunshine, use modified *SangJuYin* (Decoction of Folium Mori and Flos Chrysanthemi). In case of headache due to wind damp which is characterized by heaviness in the head like being wrapped by a piece of cloth, heaviness of the limbs and poor appetite, use *QiangHuoShengShiTang* (Decoction of Notopterygium for Eliminating Damp) to dispel wind and eliminate damp.

The endogenous headache is usually caused by pathological changes of the liver, kidney and spleen, or disharmony of *Qi* and Blood. Pathomechanisms include dysfunction of the liver in maintaining free flow of *Qi* due to excessive emotional changes. This leads to stagnation of the liver *Qi* which transforms into heat, producing liver fire which travels upward attacking the head. Constitutional deficiency of liver and kidney *Yin* may give rise to hyperactivity of the liver *Yang* causing headache; Post-partum blood deficiency or massive bleeding due to any reason may lead to a failure of blood moving upward to nourish the brain; this gives rise to headache or dizziness. Headaches may also be caused by constitutional obesity or spleen dysfunction with regard to transformation and transportation may produce phlegm in the interior that prevents the clear *Yang* from ascending. Further, blood stasis due to traumatic injury or prolonged headache may cause block the channels and collaterals and giving rise to headaches, which are characterized by repeated attacks in a fixed location. In case of headache due to wind and damp, use *BanXiaBaiZhuTianMaTang* (Decoction of Rhizoma Pinelliae, Rhizoma Atractylodis Macrocephalae and Rhizoma Gastrodiae) with modification. For headaches due to liver *Yang* uprising, use *TianMaGouTengYin* (Decoction of Rhizoma Gastrodiae and Ramulus Uncariae cum Uncis) with modification. If the headache is due to blood stasis, use *XueFuZhuYuTang* (Decoction for Removing Blood Stasis in the Chest). In my practice, I often use *XuanFuHua* (Flos Inulae), *DaiZheShi* (Ochra Haematitum), *XiangFu* (Rhizoma Cyperi), *HeShouWu* (Radix Polygoni Multiflori), *QuanXie* (Scorpio) and *JiangCan* (Bombyx Byrryticus) combined with *SiWuTang* (Decoction of Four Ingredients) to treat headache as the sequela of traffic accident or cerebral concussion and have obtained good therapeutic effect.

Generally speaking, headaches with short duration and severe persistent attacks are usually caused by exogenous pathogenic factors. In this case, we should differentiate whether it is wind cold, wind heat or wind damp. If the duration is long and the headaches are mild and intermittent, then differentiate between deficiency of *Yin* with hyperactivity of *Yang*, deficiency of *Qi* and blood, or phlegm damp and blood stasis. There are also many cases of headache with long duration and nausea and vomiting when the pain is severe, which is known as *JueYin* headache in Chinese medicine and it could be treated successfully with modified *WuZhuYuTang* (Decoction of Fructus Euodiae). There is another syndrome differentiation of diseased channels. *YangMing* headaches are often located in the front of the head and supraorbital area and should be treated with modified *XuanQiTong* (Decoction of Selected Special Ingredients) from the book *DongHuanShiXiaoFang* (Dong Huan's Empirical Prescriptions); *ShaoYang* headaches are often located on the temporal side of the head radiating to the ear, and I often treat it with modified *SanPianTang* (Decoction for Treating Temporal Headache) of the book *BianZhengLu* (Essential Collections of Syndrome Differentiation) written by *Chen ShiDuo*. This prescription is very effective for migraine and trigeminal neuralgia; *JueYin* headaches are located on the vertex possibly radiating to the eyes (in severe case there might be nausea and vomiting) and is treated with *WuZhuYuTang* (Decoction of Fructus Euodiae) with modification; *TaiYang* headaches are located at the occipital area radiating to the nape with local muscular tension. I often treat this kind of headache with *YueJuWan* (Pills for Relieving Stagnancy) modified with *ShaoYao* (Radix Paeoniae), *GanCao* (Radix Glycyrrhizae), *BaiJiLi* (Fructus Tribuli) and *JueMingZi* (Semen Cassiae).

In the treatment of headache, I often add some wind-dispelling drugs such as *BaiZhi* (Radix Angelicae Dahuricae), *ChuanXiong* (Rhizoma Ligustici ChuanXiong), *JingJie* (Herba Schizonepetae), *GaoBen* (Rhizoma Ligustici), *QiangHuo* (Rhizoma seu Radix Notopterygii), *ManJingZi* (Fructus Viticis), *BaiJiLi* (Fructus Tribuli) and *TianMa* (Rhizoma Gastrodiae), because these drugs may bring other drugs directly up to the head to stop pain (among them *ChuanXiong* is most commonly used). Since these drugs are pungent, warm, aromatic and dry, additional drugs for regulating blood should be added in the long time use or use of big dosage.

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*The Principle of the Open, Close and Pivot, and the
Extraordinary Connections of ZangFu*

叁 开阖枢原理与脏腑别通

If you are interested in the study on "the Four Designs and Eight Trigrams", it would be very helpful to your clinical practice. My studies on *Yijing* and the Heaven Stems and Earth Branches have been very beneficial in my learning of Tung's extraordinary points. The theory of the five elements in particular is very closely related to traditional Chinese medicine.

Many of my students have gone deeply into studies on *Yijing* some of them are outstanding. Some have become very famous in Taiwan and Japan. Since it is helpful to the clinical practice, I have also written some books. The study on *YinYang* and the eight trigrams is very helpful to the clinical practice. For instance, the theory of the open, close, and pivot are very closely related to the theory of *Yijing*. To help you more easily understand the theory of this theory, here I'd like to talk about the relationship between *Yijing* and the meridians.

In acupuncture, the location, running direction, nature determination and listing order of the meridians are all closely related to the theory of the *Yijing*.

如果对四柱八字有兴趣并加以研究，对临床也是很有帮助，我因为早期研读易理学、易学及天干地支，对于学习董氏奇穴很大的帮助，特别是其中的五行与中医有极大的关系。

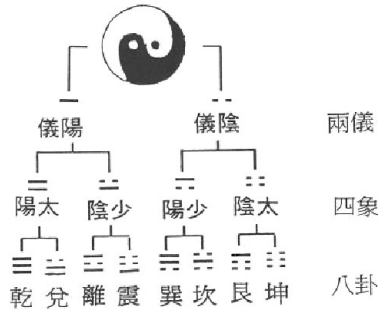
我的许多学生都深入研究易学，在这方面出色的学生也很多，有几位在台湾及日本都很出名。我基于对临床的帮助而学习易理，也有这方面的著作，研究阴阳及八卦，对临床很有帮助，或许有人不这样认为。但今天要讲的「开阖枢」与易学就有密切的关系。在深入讲解之前，为了帮助大家更易理解开阖枢，先讲一下易学与经络。

在针灸学里，经络的定位、定向、定性与定序都可以说与易理密切相关，现在大家看看手里拿着的图表，我来给大家说明。

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The old eight trigrams 先天八卦 and the location of ZangFu and meridians.

一、先天八卦与脏腑经络之定位



《系詞》說：「易有太極，是生兩儀，兩儀生四象，四象生八卦。」此即先天八卦之由來，圖示如下：The book "XiCi" says: "Taiji gives rise to transformation and produces the two forms, namely Yin and Yang. The primeval pair produce the four symbols, from which are derived the eight trigrams." This is the source of the old eight trigrams which is illustrated as follow:

再將此圖按《說卦》所言：「天地(乾坤)定位，山澤(艮兌)通氣，雷風相薄(震巽)水火(坎離)不相射之容展開」則如下 Then based upon what is said in the book *ShuoGua* (Talk on the eight Trigrams): "The heaven and the earth (*Qian* and *Kun*) fix the location; the mountain and the marsh (*Gen* and *Dui*) ventilate *Qi*; the thunder and the wind (*Zhen* and *Xun*) fight with each other; and the water and the fire (*Kan* and *Li*) are incompatible", the eight trigrams are located as follow:



將臟腑與先天八卦對應並配置於先天八卦中，由於乾為老陽，為陽之極，故統諸陽之督脈。坤為老陰，為陰之極，故統諸陰之主任脈。其餘臟腑根據其屬性配於各卦之內。兌卦屬金，肺大腸，亦屬金，故配置於兌卦；離卦為火，心及小腸亦屬火，故配置於離卦；巽卦屬木，主風，肝膽亦屬木，故配置於巽卦；

坎卦屬水，腎與膀胱亦屬水，故配置於坎卦；艮屬土，脾胃亦屬土，故配置於艮卦。多餘之心包與三焦則配置於震卦中，蓋震為龍雷之火，心包三焦相火。In the correspondence of ZangFu to the eight trigrams, the

兌(金) 肺、大腸	乾(金) 督	巽(木) 膽、肝
離(火) 心、小腸		坎(水) 膀胱、腎
震(木) 心包、三焦	坤(土) 任	艮(土) 胃、脾

trigram *Qian* corresponds to *TaiYang* (Yang within Yang) and is the extreme of Yang. It dominates *Du* meridian that governs all the Yang meridians. *Kun* corresponds to *TaiYin* (Yin within Yin) and is the extreme of Yin. It dominates *Ren* meridian that governs all the Yin meridians. The other ZangFu organs pertain to the rest of the trigrams according to their nature.

The trigram *Dui* pertains to metal, the lung and large intestine also pertain to metal, and the lung and large intestine therefore correspond to *Dui*. The trigram *Li* pertains to fire, the heart and small intestine also pertain to fire. The heart and small intestine therefore correspond to *Li*. The trigram *Xun* pertains to wood and dominates wind, and the liver and gallbladder

also pertain to wood. The liver and gallbladder therefore correspond to *Xun*. The trigram *Kan* pertains to water, the kidney and urinary bladder also pertain to water. The kidney and urinary bladder therefore correspond to *Kan*. The trigram *Gen* pertains to earth, the spleen and stomach also pertain to earth. The spleen and stomach therefore correspond to *Gen*. The pericardium and *SanJiao* correspond to the trigram *Zhen* since it is the fire of the dragon and thunder and the pericardium and *SanJiao* are the minister fire. 也就是說兌艮之肺、大腸與胃、脾為一組相對應；離坎之心、小腸膀胱、腎為一組相對應；震巽之心包、三焦與膽、肝為一組相對應。這就形成了太陰陽明(肺大腸與胃脾)；少陰太陽(心小腸膀胱腎)；厥陰少陽(心包三焦與膽肝)的三組小循環。 Thus the left three, *Dui*, *Li* and *Zhen* are Yang trigrams and dominate the hand meridians; the right three, *Xun*, *Kan* and *Gen* are Yin trigrams and dominate foot meridians, thus, the following correspondence is formed:

1. The lung and large intestine (*Dui*, marsh) correspond to the spleen and stomach (*Gen*, mountain);
2. The heart and small intestine (*Li*, fire) correspond to the kidney and urinary bladder (*Kan*, water);
3. The pericardium and *SanJiao* (*Zhen*, thunder) correspond to the liver and gallbladder (*Xun*, wind);

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4. The *Du* meridian (*Qian*, heaven) corresponds to *Ren* meridian (*Kun*, earth).

In addition to the *Ren* and *Du* extraordinary meridians that form a circle, the 12 regular meridians have formed three small systems:

- the system of the lung, large intestine, spleen and stomach
- the system of the heart, small intestine, kidney and urinary bladder
- The system of the pericardium, *Sanjiao*, liver and gallbladder.

The fact is that the 12 regular meridians form a major circulatory system under which there are 3 minor circulatory systems. Each trigram corresponds to one *Zang* and one *Fu* organs that pertain to *Yin* and *Yang* respectively and are externally-internally related to each other.

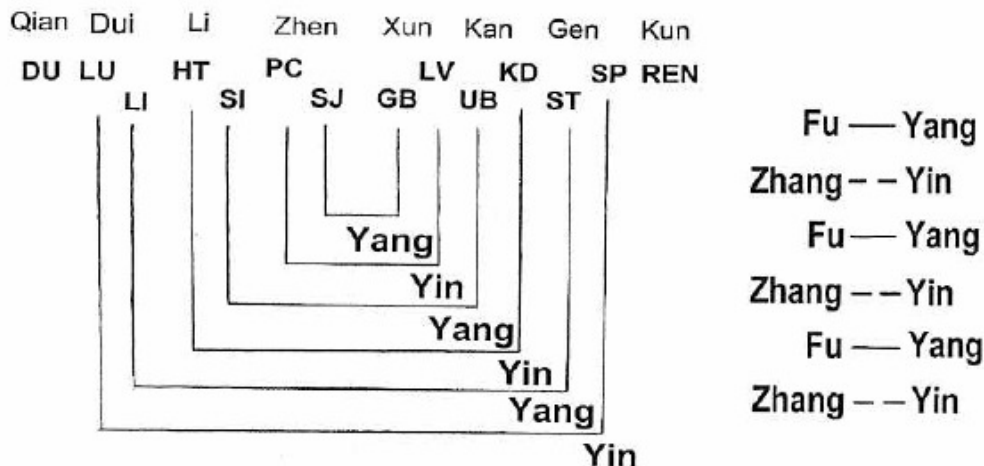
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The old eight trigrams and the nature of the six meridians

二、先天八卦与六经定性

The names of *TaiYin* (Greater Yin), *ShaoYin* (Lesser Yin), *TaiYang* (Greater Yang) and *ShaoYang* (Lesser Yang) first appeared in the book *YiJing*, and *JueYin* and *YangMing* in the book *NeiJing*. *Tai* (Greater) and *Shao* (Lesser) imply quantity and changes, which were used by the ancient people to understand the world. It influenced the book *NeiJing* and its theory was used to study the human body. With the theory, the trunk is divided into three parts: the chest, back and lateral aspect, and the four limbs are also divided into three parts: the medial, lateral and middle. *YangMing* and *JueYin* were put forward in the *NeiJing* probably according the theory of Yin and Yang and local anatomical characteristics.

太阴、少阴、太阳、少阳之名首见于《周易》，厥阴、阳明始见于《内经》，太少本就含有阴阳的多少和变化，属于古人认识世界的工具，它影响了《内经》，利用其理论来研究人体。人体部位在身上有胸、背、侧之分，在四肢也有内外中三部之分，《内经》中人体上的阳明和厥阴，可能是在这种情况下，按阴阳的原则，结合部位之特点提出来的。



The natural occurrence of the six meridians in *TaiYang*, *ShaoYang*, *TaiYin*, *ShaoYin*, *JueYin*, and *YangMing* is more easily understood with the theory of *YiJing*. Now let's unfold this in the order of the old eight trigrams: *Qian*, *Dui*, *Li*, *Zhen*, *Xun*, *Kan*, *Gen* and *Kun*. *Qian* dominates *Du* meridian and *Kun* dominates *Ren* meridian. The two are both extraordinary meridians and they do not pertain to any *ZangFu* organs. The others are listed according to the *Yang* trigram (*Dui*, *Li*, and *Zhen* with *Zang* in the front) and *Yin* trigrams (*Xun*, *Kan* and *Gen* with *Fu* in the front) (the order contains balance of *Yin* and *Yang*). Then connect the *Zang* and *Zang*, *Fu* and *Fu* that are classified into the same trigrams. The result is that the lung and spleen are connected as *Zang* organs and they correspond to *Yin* trigrams; the large intestine and stomach are connected as *Fu* organs and they correspond to *Yang* trigrams; the heart and kidney are connected as *Zang* organs; the small intestine and urinary bladder are connected as *Fu* organs; the heart and pericardium are connected as *Zang* organs; the *SanJiao* and gallbladder are connected as *Fu* organs. Finally, list all the mentioned above according to the order of *Yin* and *Yang* on the right side. These illustrations can be seen in many books. However, there has been no more exploration and development.

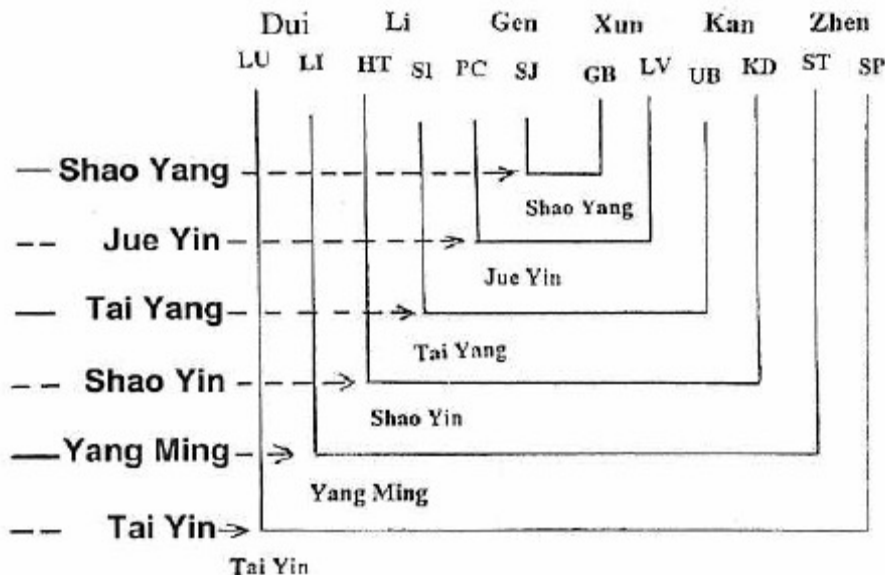
六经之太少厥阴阳明之定性，如果用易理来解说，将更容易理解。这里试将先天八卦依干兑离震巽坎艮坤之次序展开（见图四），并将其所属之脏腑列于其下，干主督脉，坤主任脉，任脉及督脉皆属于奇经，不与脏腑连属。将其它之六卦按阳仪（兑离震卦，脏在前）阴仪（巽坎艮卦，腑在前）排列（此有阴阳对称平衡之意），再依对应卦象之脏与脏、腑与腑相连，则肺脾相连为脏属阴画--（阴爻），大阳与胃属腑属阳画—

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〈阳爻〉，心肾相连为脏画--，小肠膀胱相连为腑画一，心包肝相连为脏画--，三焦胆相连为腑画一，将上列按阴阳次序画于右边即下列图式〈图四及图五〉，此一图式在很多书中皆能见及，但也仅止于此，而未能进一步的加以分析或发挥。

When we explore the theory deeply, we have found it is very much related to the nature determination of the *ZangFu* organs. This divination symbol exactly shows the fire (☲) is in the upper and water (☵) in the lower, like the human body with the heart in the upper and the kidney in the lower. The heaven and earth take *Qian* and *Kun* to fix the locations while the human body takes the fire and water to fix the locations. This divinatory symbol has six trigrams. According to the *Qi* of *Yin* and *Yang*, earth and heaven in ascending and descending, *YangQi* increases when it descends and the uppermost *Yang* is *ShaoYang*, and then *TaiYang*. The lowest *Yang* trigram comes from merging of two *Yang* is thus called *YangMing*. *YinQi* decreases when it ascends. The lowest *Yin* trigram is *TaiYin* and then *ShaoYin*. The uppermost *Yin* comes from mержence of two vanished *Yin* and is thus called *JueYin*. In this way the three *Yin* and three *Yang* are formed. Attach the *YinYang* properties of the six trigrams to the Illustration, and the *YinYang* properties of the *ZangFu* organs are thus determined. That is, the lung and spleen are *TaiYin*, the large intestine and stomach are *YangMing*, the heart and kidney are *ShaoYin*, the small intestine and urinary bladder are *TaiYang*, the liver and pericardium are *JueYin* and *SanJiao* and Gallbladder are *ShaoYang*.

我们深入研究及探索，会发现这与脏腑的定性有很大的关系。此一卦象恰为火〈☲〉水〈☵〉下，即如同人身之心在上，肾在下，天地以乾坤定位，人身以火水定位。将此一卦象〈图五〉：六爻，根据天地阴阳之气阴升阳降之原则，分析其性质，阳往下增加，则最上之阳爻为少阳，依次为太阳，最下之阳爻为两阳合明谓之阳明。阴往上递减，最下之阴爻为太阴，依次为少阴，最上之阴爻为两阴交尽谓之厥阴，如此产生出三阴三阳〈见图六〉，将此六爻阴阳之性质还原于图四之中，脏腑之阴阳进一步属性亦随之定性，即肺脾为太阴，大肠胃为阳明，心肾为少阴，小肠膀胱为太阳，心包肝属厥阴，三焦胆属少阳。



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Open, close and pivot, and the running directions of the meridians (as well as extraordinary connections of ZangFu)

三、开阖枢与经络定向〈兼谈脏腑别通〉



According to the theory of *YinYang* in inter-dependence, the theory of open, close and pivot of three *Yin* and three *Yang* meridian was put forward in the *Neijing*. It says in Chapter 5 of *SuWen*: "In regard to the three *Yang* meridians, *TaiYang* is the open, *YangMing* is the close and *ShaoYang* is the pivot; In regard to the three *Yin* meridians, *TaiYin* is the open, *JueYin* is the close and *ShaoYin* is the pivot." The concept of open and close originates in the book of the *Yijing*: "The close corresponds to *Kun*. The open corresponds to *Qian*. One open and one close form a change. Constant change gives rise to transformation."

《内经》根据阴阳互根理论，提出三阴三阳开阖枢理论，《素问·阴阳离合论》说：“是故三阳之离合也，太阳为开，阳明为阖，少阳为枢……，三阴之离合也，太阴为开，厥阴为阖，少阴为枢。”。开阖思想显然源于《周易系辞》之“阖户谓之坤，辟户谓之干，一阖一辟谓之变，往来不穷谓之能。”，仔细探究，这其实来自易卦。

According to the *Yijing*, the interrelationships of six divinatory symbols have certain correspondences. There is a correspondence between the first and the fourth, the second and the fifth, and the third and the upper (sixth). It can be seen that such correspondences exist in the opposite divinatory symbols and do not exist in the two that are the same in nature. The correspondence indicates dynamic harmony and unity of the two opposite aspects in one thing. Moreover, in the double divinations, the first and the fourth divinatory symbols occupy the same position, so do the second and fifth, and the third and sixth. This is because the first divinatory symbol is in the lower position of the lower divination, and the fourth divinatory symbol is in the lower position of the upper divination; the second divinatory symbol is in the middle position of the lower divination, and the fifth divinatory symbol is in the middle position of the upper divination; the third divinatory symbol is in the upper position of the lower divination, and the sixth divinatory symbol is in the upper position of the upper divination.

根据《易经》六爻的关系之象，初爻与四爻，二爻与五爻，三爻与上爻之间存在着一种呼应关系，称之为「应」。在这种关系啊，凡是爻性相反则可交感，称为「有应」；若爻性相同（两者皆阴或皆阳）则不应。应则顺利，象征事物对立面存在着谐和、统一的运动规律。又重卦中的初爻与四爻，二爻与五爻，三爻与上爻为同位，因初爻为下卦的下位，四爻为上卦的下位；二爻为下卦的中位，五爻为上卦的中位，同为中位；三爻为下卦的上位，上爻为上卦的上位，同为上位。

In the above introduced three *Yin* and three *Yang* symbolized by fire and water, *TaiYin* and *TaiYang* are in the lower and outmost position of the upper and lower divinations, pertaining to "Open"; *YangMing* and *JueYin* are in the middle position of the lower and upper divinations, pertaining to "Close"; and *ShaoYang* and *ShaoYin* are in the upper position of the upper and lower divinations, all pertaining to "Pivot". This kind of correspondence (one *Yin* and one *Yang* that are in the same position, as shown) indicates the harmony and unity between the first and fourth, second and fifth and third and sixth divinatory symbols in the nature and movement, and this theory has been applied to explain the physiological activities and pathological changes.

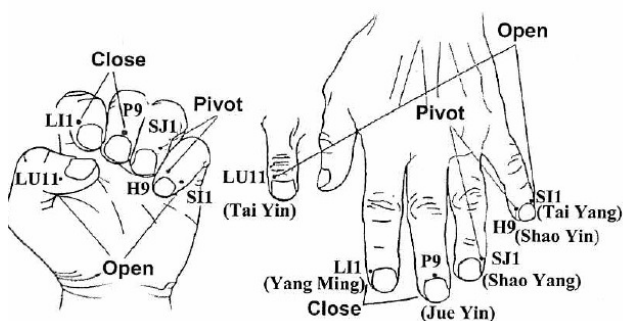
在前述火水定位图之三阴三阳中，下卦及上卦之下爻太阳、太阴在最外为“开”，下卦及上卦之中爻阳明及厥阴在内属“阖”，上下卦之上爻少阴及少阳皆为转化之枢“枢”。合乎「对应」〈一阴一阳〉及「同位」的

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原则〈图七〉，象征着一四爻、二五爻、三六爻闲，存在着谐和统一的运动规律及同类的性质。应用于人身，就有着同类的生理和病理活动。

Among the three *Yin* and three *Yang*, the first divinatory symbol of the lower divination *TaiYin* and the first divinatory symbol of the upper divination *TaiYang* occupy the outmost position, and therefore dominate "Open", including the urinary bladder meridian of foot *TaiYang*, the small intestine meridian of hand *TaiYang*, the lung meridian of hand *TaiYin* and the spleen meridian of foot *TaiYin*. When the pathological cold invades the human body, it affects *TaiYin* first, occupies the outmost position. Cold is a *Yin* pathogenic factor and is liable to affect the lower part, and foot *TaiYang* is therefore affected first. That is why the urinary bladder meridian is discussed first in the book *ShangHanLun*. Heat is a *Yang* pathogenic factor, and is liable to injure *Yin* first. Since pathogenic *Yang* often comes from the upper and it therefore affects the lung meridian of hand *TaiYin* first. Since *TaiYin* and *TaiYang* are often injured first by exogenous pathogenic factors, they are therefore considered as "Open". The upper divinatory symbols of both the upper and lower divinations are the places where changes happen. The Upper divinatory symbols of both the upper and lower divinations *ShaoYang* and *ShaoYin* are all called as places of "Pivot". *ShaoYang* is located between the exterior and interior and their syndrome is characterized by alternation of chills and fever. However, this syndrome could have predominance of either the exterior or the interior. For example, *XiaoChaiHuTang* (Minor Decoction of Radix Bupleuri) is indicated in *ShaoYang* syndrome but *ChaiHuGuiZhiTang* (Decoction of Radix Bupleuri and Ramulus Cinnamomi) is used for *ShaoYang* syndrome with predominance of the exterior, and *DaChaiHuTang* (Major Decoction of Radix Bupleuri) and *ChaiHuJiaLongMuTang* (Decoction of Radix Bupleuri plus Os Draconis and choncha Ostreae) are used for *ShaoYang* syndrome with predominance of the interior. *ShaoYin* syndrome has the tendency of transformation into either cold or heat syndrome. When it transforms into a cold syndrome, we should use *SiNiTang* (Decoction for Resuscitation) and *ZhenWuTang* (Decoction for Warming *Yang* and Eliminating Water). When it transforms into a heat syndrome, we should use *HuangLianEJiaoTang* (Decoction of Rhizoma Coptidis and Colla Corii Asini), etc. *YangMing* and *JueYin* are all middle divinations and imply the significance of "Close". In case of attack by cold and when the *Yang* goes to its extreme and affects *YangMing*, it gives rise to severe condition with such manifestations as floccitation and failure to recognize people; when the *Yin* goes to its extreme and affects *JueYin*, it gives rise to syncope. In case of febrile diseases, when the pathogenic heat goes into the pericardium meridian of hand *JueYin*, it gives rise to coma; when it goes into the foot *JueYin* meridian, it stirs up the internal wind. All these are critical conditions at the late stage of a disease that has affected the "Close" layer, manifesting the mental symptoms.

三阴三阳中之下卦第一爻太阴及上卦第一爻太阳在最外为开，也就是说包括手足太阳之膀胱经及小肠经，包括手足太阴之肺经及脾经为开。每当寒邪伤人，最先伤阳，即伤最外之太阳，寒为阴邪易从下起，先伤足太阳，故伤寒论叙证从足太阳膀胱经起。每当热邪伤人，最先伤阴，热为阳邪多从上而来，先伤手太阳肺经。外邪先伤太阳太阴，即因太阳太阴为「开」之故。上下卦之上爻皆为变化之处，上卦之上爻少阳及下卦之上爻少阴皆为转枢之位，少阳在表里之间其证以寒热往来为主，又有兼表兼里之分。例如小柴胡汤为少阳正证，又有偏表之柴胡桂枝汤及偏里之大柴胡汤，柴胡加龙牡汤等。少阴亦有寒化热化之证，如寒化之四逆汤，真武汤等，热化之黄连阿胶汤等。阳明及厥阴皆在卦之中爻，有闭合之意，故为阖。观伤寒之邪，当其阳亢之极则入阳明，而成循衣摸床不识人之重病；阴寒之极则入厥阴，则为厥逆之证。而温病热入手厥阴心包则神昏，入足厥阴则动风，皆为病症之极，已至闭阖之最后阶段，而有严重之精神证状。



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Then, how do "Open", "Pivot" and "Close" affect the meridians? Try to make a loose fist like *TaiJi*; you may find "Open", "Pivot" and "Close" are connected one another. Let's look at *ShaoShang* (LU 11) and *ShaoZe* (SI 1) first. One is from *TaiYin* meridian and the other is from *TaiYang* meridian, they are both listed as "Open". *GuanChong* (SJ 1) is a point on the *ShaoYang* meridian and *ShaoChong* (HT 9) is a point on the *ShaoYin* meridian, they are listed together as

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"Pivot". *ZhongChong* (PC 1) is a point on the *JueYin* meridian and *ShangYang* (LI 1) is a point on the *YangMing* meridian, they are listed together as "Close". Thus there forms the law of movement through "Opening", "Pivoting" and "Closing". From the outmost *TaiYang* to move inward, it comes to *ShaoYang* and finally reaches *Yangming*. When the fingers are extended, the interrelationships of the "Open", "Pivot" and "Close" are as shown.

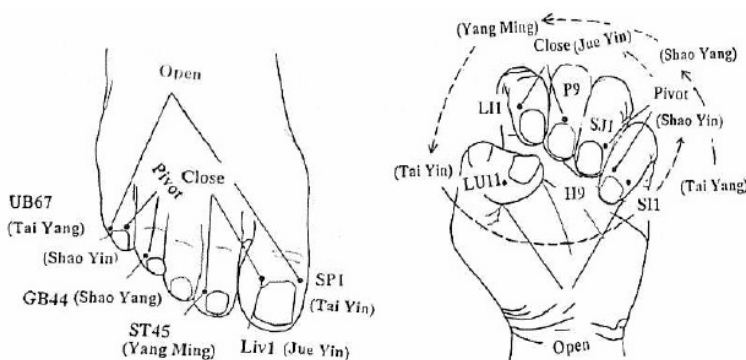
开合枢怎样影响经络？试将手掌握成一个圆形如太极（图八），便可发现开阖枢两两相连。先看少商与少泽，一为太阴，一为太阳，即是开；关冲为少阳经，少冲为少阴这为阖；中冲为厥阴经，商阳为阳明经，中冲与商阳为阖，这就汇成了开合枢的规律。依此圆形从最外之太阳向内运行（传经），依次为少阳，最后为阳明，阳尽则阴，依次为太阴、少阴，最后为厥阴。将拳头伸开则开阖枢之关系成下图

Extending the sole of the foot, it becomes curved, *TaiYang* is neighbored with *TaiYin*, and *JueYin* is neighbored with *YangMing*. Once one Japanese practitioner took *YongQuan* (KI 1) to do a temperature test, he used *NeiZhiYin* (medial *ZhiYin*) that is located between *ZhiYin* (BL 67) and *ZuQiaoYin* (GB 44) to replace *ZhiYin* (BL 67). In this way, *ShaoYang* and *ShaoYin* are also closely neighbored.

若将脚掌弯卷起来，亦成太阳太阴紧邻排列，厥阴阳明紧邻排列。至于涌泉，日人赤羽幸兵卫作〈知热感度测验〉时，以至阴与窍阴间之内至阴代替，这样亦成为少阳少阴紧邻排列的状况，说明了开阖枢有一定的排列次序

These concepts are the bases for the meridian courses and distributions locations in the *NeiJing*. They conform to what is in chapter 10 of *SuWen*: "*YangMing* is anterior to *TaiYin*", and "*ShaoYin* is posterior to *TaiYin*, and *JueYin* is anterior to *ShaoYin*." The three *Yang* meridians are on the *Yang* aspect of the body, and the three *Yin* meridians are on the *Yin* aspect of the body. Then, according to *Yang* determinants (*Dui*, *Li* and *Zhen* derived from *TaiYang* and *ShaoYang*), the lung and large intestine (*Dui*), heart and small intestine (*Li*), and pericardium and *SanJiao* (*Zhen*) meridians are distributed on the upper limbs. According to the *Yin* determinants (*Xun*, *Kan* and *Gen* derived from *TaiYin* and *ShaoYang*), the liver and gallbladder (*Xun*), kidney and urinary bladder (*Kan*), and spleen

and stomach meridians are distributed on the lower limbs. Besides according to the principle of *Yin* ascending and *Yang* descending, the meridians originate from or terminate at the tip of finger. For example, the *TaiYang* meridian runs along the lateral side of *Yang* aspect of the small finger, and *ShaoYang* meridian runs along the midline of the ring finger. On the analogy of this, other meridians are distributed following the same way.



此种位置与《素问·阴阳离合论》所说：

「太阴之前，名曰阳明。」及《阴阳离合论》所说：「太阴之后，名曰少阴……少阴之前，名曰厥阴。」相符。内经据此而确定经络循行部位（图九、十），三阳在阳面，三阴在阴面，然后根据阳仪（兑离震由太阳少阴而来），故肺、大肠（兑），心、小肠（离），心包、三焦（震）走手上，阴仪（巽坎艮由太阴少阳而来），故肝、胆（巽），肾、膀胱（坎），脾、胃（艮）走脚上（见到一、图二）。又据阴升阳降，或到指端止，或从指端起，例如太阳经从小指走在阳面之最外，少阳沿约指（无名指）走在阳面之中间，……其它以此类推。

The clockwise distribution of the "Open", "Pivot" and "Close" on the fist conforms to the transmission of diseases of the six meridians introduced in *ShangHangLun*, that is, from *TaiYang* to *ShaoYang*, *YangMing*, *TaiYin*, *ShaoYin* and finally to *JueYin*. 此一开阖枢握拳之图以顺时针方向旋转，也甚合《伤寒论》太阳传少阳，传阳明，传太阴、少阴、厥阴的六经传变次序。（见图十一）

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Every time we discuss the theory of "Open", "Pivot" and "Close", there is a question about *ShaoYin* or *JueYin* as the "Pivot". There is no such sentence stating that the "*JueYin* is the pivot" in *NeiJing*. Later physicians made the *JueYin* a pivot based upon its interior-exterior relationship to the *ShaoYang*. Moreover, the *JueYin* syndrome may have alternation of chills and fever, and they took *JueYin* as a pivot incorrectly. It has been previously introduced in this book that "*ShaoYin* serves as the pivot and *JueYin* as the close." The details were listed by taking the sequence of meridians as an example. To make it more clearly, I'd like to give you further explanation using the locations of the *ShaoYin* and *JueYin*. 每当提及开阖枢，总有一个疑点会被提出讨论，就是关于究竟是「少阴为枢」或「厥阴为枢」的问题。内经并无「厥阴为枢」之文句，后世以厥阴与少阳表里，且厥阴亦有寒热往复之症状，而强以厥阴为枢，殊属不合。本文在前述中已对「少阴为枢，厥阴为阖」的作用详加说明，并从经络排列次序作了比较分析，当不致再有疑问，为了加强说明，再就少阴与厥阴的位置略加解说分析，当可更加清晰确定。

According to the classic literature and symptoms and signs, *Yang* deficiency of *ShaoYin* (heart and kidney) is critical. It's easy to understand this according to the classical theory. However, if we read classical literature such as the *ShangHanLun* carefully, it may be found that the dying syndromes appear more in *JueYin* than in *ShaoYin*. That is to say, the *JueYin* disease is more critical than *ShaoYin* disease. The critical cold syndrome of *ShaoYin* is often complicated with syncope and spasm of *JueYin*. For instance, "when fading pulse resulted from attack by cold (due to *Yang* deficiency of *ShaoYin*) lasts for 7-8 days, there appears constant restlessness (syncope of *JueYin* known as viscera shock (*ZangJue*))." From this, we can see *JueYin* is affected after *ShaoYin*. The chapter 3 of book *WenBingTiaoBian* says: "When pathogenic heat goes deeply into either *ShaoYin* or *JueYin*, treatment should be focused on activating the pulse." The author *WuJuTong* gave an annotation regarding this: "Since pathogenic heat greatly consumes *Yin*, *ShaoYin* (kidney) stores essence and *JueYin* relies on sufficiency essence of *ShaoYin*, the two meridians may all help restore the pulse. They have the same origin." It clearly points out that *ShaoYin* is in front of *JueYin* and gives influence to *JueYin*. For this reason, *ShaoYin* becomes the pivot. 从条文及症状看，少阴心肾阳虚确是生死关头，从其死证条文较多，不难理解少阴之危，但若细看，厥阴死证条文更多于少阴，而厥阴病更危于少阴病，少阴病寒化危证长见合并厥阴的昏痉等症，如「伤寒脉微而厥(少阴阳虚)至七八日肤冷，其人躁无暂安时(出现厥阴昏厥)此名脏厥。」，可见厥阴应是在少阴之后。又从温病条辨看「热邪深入，或在少阴，或在厥阴，均宜复脉。」，条下吴鞠通自注「此言复脉为热邪劫阴之总司也，概少阴藏精，厥阴必待少阴精足而后能生，二经均可主以复脉者，乙癸同源也。」，明白指出了少阴在前，厥阴在后，少阴影响厥阴。这样少阴为枢就不是问题了。

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The later eight trigrams and the circulation (order) of meridian system

四、后天八卦与经络循环〈定序〉

〈木中土〉	午	〈火中土〉
巳辰	☲離(火)	未申
☳巽(木)	心、小腸	☷坤(土)
肝		心包、三焦
卯		酉
☳震(木)		☱兌(金)
膽		大腸
☳艮(土)	☵坎(水)	☰乾(金)
胃、脾	膀胱、腎	肺
寅丑	子	戌亥

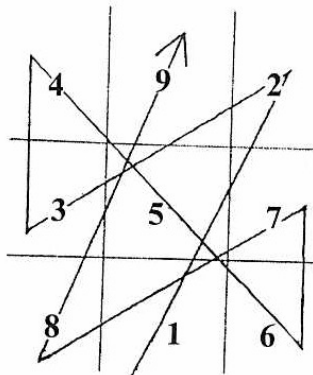
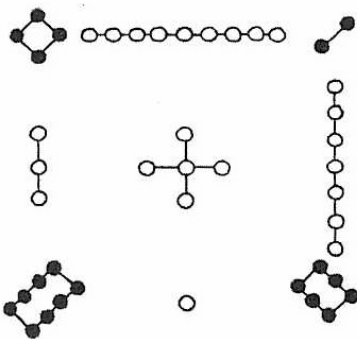
The order of circulation in the meridian system is familiar to the practitioner. However, it is still necessary to devote time and energy to the study of the abstract meridians. I seriously studied the *Yijing* at *Beijing University* where I obtained my PhD degree, with doctoral studies on the *ShangHanLun*; I also took a doctoral level studies on meridians and collaterals at the University of Chinese and Western Medicines. Here I'd like to share some of those experiences. 大家对经络循行的顺序可以说无人不知，但是对于似乎抽象的经络下点功夫，还是必要的。我曾在北京大学攻读博士专研易学，在北京中医药大学攻读博士专研伤寒论，在中西医科大学攻读博士研究针灸，因此对易学、伤寒论及经络有一些特别的研究心得，愿与各位分享。

We mentioned the old eight trigrams have influenced the location, nature and direction of the meridians.

Besides, the listing order of the meridians is also related to the later eight trigrams. Let's look at the old eight trigrams and the illustration of *LuoShuJiuGongTu* (Illustration of *LuoShu*), in which the sum of all the numbers on a straight line in all directions is 15. 前面我们谈过先天八卦影响决定了经络的位置、性质及方向，此外的经络顺序则与后天八卦有关，我们再来看看后天八卦及不论那个方向相加都是十五的洛书九宫图。

In the medical book excavated from *MaWangDui* tomb, the meridians were not inter-connected. In the book *YinYangShiYiJiuMai* (The eleven Yin and Yang meridians for moxibustion) and the book *ShouZuShiYiJiuMai* (The eleven hand and foot meridians for moxibustion), the meridians were not listed in fixed order. However, in *LingShu*, the order of the meridians in circulation was already completed. Since the circulation theory was derived from the influence of *Yijing*, the order of the meridians in circulation is closely related to the later eight trigrams, in which the key number is 9. The divinatory locations of the later trigrams are listed below: the upper is *Li*, the lower is *Kan*, the upper left is *Xun*, the left is *Zhen*, the lower left is *Gen*, the upper right is *Kun*, the right is *Dui* and the lower right is *Qian*. Since the *Ren* and *Du* meridians are not involved in the circulation of the 12 regular

meridians, they are isolated from the 12 regular meridian systems. Try to list the positions of *ZangFu* organs according to the properties of the five elements in the later eight trigrams. *Kan* and *Li* pertain to water and fire, and therefore the kidney and urinary bladder that pertain to water are listed in the position of *Kan* (1), and the heart and small intestine that pertain to fire are listed in the position of *Li* (9). Both metal and wood have two positions each in the later trigrams. Since both Liver and Gallbladder pertain to wood, they are



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located in the positions of *Zhen* and *Xun*. The lung and large intestine pertain to metal and they are located in the positions of *Dui* and *Qian*. However, the liver pertains to the wood of *Yin* nature, and the gallbladder pertains to the wood of *Yang* nature. According to the divinatory number of the later trigrams (the number of *LuoShu*, the origin of *YiJing*, the wood of *Yang* nature, the gallbladder, is fixed in the position of *Zhen* (3), and the wood of *Yin* nature, the liver, is fixed in the position of *Xun* (4). According to the same principle, lung, the metal of *Yin* nature, is fixed in the position of *Qian* (6), while large intestine, the metal of *Yang* nature, is fixed in the position of *Dui* (*Yang* number of 7). Such distribution conforms to the distribution of the meridians on the hand: in the hand meridians (*Yang* determinants) *Zang* are in the front; in the foot meridians (*Yin* determinants) *Fu* are in the rear. The earth has two divinatory positions with the spleen and stomach fixed respectively in *Gen* and *Kun*; however, the pericardium and triple energizer do not have stable positions. According to the theory of *JiuXingLiuNian* (Nine Stars and Fortune), when it comes to the number "5", *Yang* will be fixed in the position of 2 and *Yin* in the position of 8. The other elements metal, water, wood and fire do not have such parasitism. The spleen and stomach meridians are distributed in the lower part of the body, pertaining to *Yin* and are therefore parasitized in the position of 8, while the pericardium and triple energizer are parasitized in the position of 2 which is *Kun*. *Kun* is the earth in the fire. The pericardium and triple energizer contain minister fire and are positioned in *Kun*, conforming to its five-element property. According to the order from 1 to 9 mentioned above (position 5 is replaced by position 2 and 8), the order of internal organs in circulation is as follow:

1. Urinary bladder and kidney -> 2. Pericardium and triple energizer -> 3. Gallbladder -> 4. Liver -> 6. Lung -> 7. Large intestine -> 8. Spleen and stomach -> 9. Heart and small intestine -> 1. Urinary bladder and kidney

在马王堆出土医书中，经络并未相互衔接，在《阴阳十一灸脉》及《手足十一灸脉》中并无一定之循环次序，但在《内经·灵枢》中已有完整之循环次序。由于受易学“寰道观”影响而产生出循环理论。从经络之循环次序来看，其与九宫数即后天八卦实有密切关系，后天八卦之卦位〈图十二〉如下：上为离，下为坎，左上为巽，左为震，左下为艮，右上为坤，右为兑，右下为干。因任督二脉不参与十二经之循环，将任督两脉除外。试将脏腑依其五行属性排列于后天八卦中：水(坎)，火(离)各一卦，将属水之肾及膀胱定位在坎(1位)，将属火之心及小肠定位在离(9位)。金、木之卦各二，由于肝胆属木，所以定位在震巽，肺大肠属金，所以定位在兑干，但肝属阴木，胆属阳木，根据后天八卦之宫位数(即洛书之数，见图十三、十四)，而将阳木胆定位在3的震位，阴木肝定位在4的巽位。同理将阴金肺定位在阴数6的干位，阳金大肠定位在阳数7的兑位，此亦与前述图四之手经〈阳仪〉脏在前，足经〈阴仪〉腑在前相符。土虽然有两卦，但若将脾胃分置于艮坤两卦，则心包及三焦将无位置可安。根据九星流年学说，若逢5数则将阳寄于2，阴寄于8，其它金、水、木、火则无寄位之说。前曾述及脾胃经在足在下属阴，因此寄于8，余下之2位则将心包及三焦寄于此，即坤位，坤为火中土，心包及三焦含相火，安于坤位，亦合乎其五行属性。根据前述1至9的顺序运行(中间之5已寄于2,8位，则跳过5，向前顺行)则成为：1.膀胱、肾→2.心包、三焦→3.胆→4.肝→6.肺→7.大肠→8.胃、脾→9.心、小肠→1.膀胱、肾……的循环，正合乎目前十二经络循环的顺序。

This form of circulation is exactly in accordance with the circulation of the 12 regular meridians.

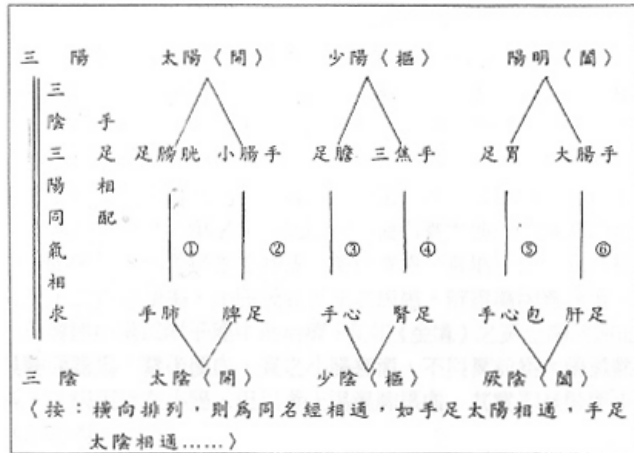
In Chinese medicine, the theory of "correspondence between heaven and man" was derived from observation of the heaven and earth. Here, "heaven" means nature, the heaven and earth. In this theory, the physiological circulation inside the human body is in accordance with the circulation and change in heaven and earth. Based upon this, we can understand the mechanism of the meridians and collaterals. 在中医学中有所谓的「天人相应」，这里的「天」指的是自然，指天地，考察天地的变化原理，才有这样的理论出现。人体的运行也符合着天地的运行，这样才能了解经络的原理。

The theory of "Open", "Pivot" and "Close" expounds the law of three *Yin* and three *Yang* in movement of separation and combination, inter-dependence, inter-transformation and the meridian *Qi* in ascending and descending. It is essential in the application of *ShangHanLun*. It also guides the treatment of epidemic febrile diseases, making the therapeutic effect significant in the treatment of general miscellaneous diseases. Since imbalance of *Yin* and *Yang* is the general pathogenesis in *ShangHanLun*, it is essential to regulate the "Open", "Pivot" and "Close" of three *Yin* and three *Yang* so as to regain the balance. 开阖枢在于说明三阴三阳离合、互

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根、转化、及经气升降出入转输的规律，对于应用《伤寒论》有决定性的作用。对于温病也有一定的指导及启发作用，用之于治疗一般杂病，疗效显著。由于阴阳失和〈失衡〉是《伤寒论》的总病机，如何促进阴阳自和，就在于调动三阳三阴开阖枢的失衡，使之调和〈平衡〉。

From the above we can see that *TaiYang* and *TaiYin* are closely linked, belonging to the same category as do the *ShaoYang* and *ShaoYin*, and the *YangMing* and *JueYin*. It is stated in both *SuWen* and *LingShu* "*TaiYang* is the open, *ShaoYang* is the pivot and *YangMing* is the close; *TaiYin* is the open, *ShaoYin* is the pivot and *JueYin* is the close."



Based upon this *TaiYang* and *TaiYin* are inter-correspondent, so as *ShaoYang* and *ShaoYin*, and *YangMing* and *JueYin*. In this way, *Yin* corresponds to *Yang* and hand corresponds to foot. These correspondences are illustrated as follows: 由前述得知，太阳太阴有一定类属及相关，少阳及少阴性质相关，阳明厥阴相关，《素问》及《灵枢》均提及「太阳为开，少阳为枢，阳明为阖；太阴为开，少阴为枢，厥阴为阖。」，试以太阳为开，少阳为枢，阳明为阖；太阴为开，少阴为枢，厥阴为阖，将其展开，太阳太阴相对〈开〉，少阳少阴相对〈枢〉，阳明厥阴相对〈阖〉，阴与阳对，手与足对，配合作表如下：

There exist extraordinary connections between the lung and urinary bladder, spleen and small intestine, heart and gallbladder, kidney and triple energizer, and liver and large intestine. In addition the five *Zang* organs, the pericardium are also connected with the stomach. Thus, the six *Zang* and six *Fu* organs are all connected, forming the extraordinary connections between the *Zang* and *Fu* organs. With the application of such theory, the treatments of the internal and miscellaneous diseases are very effective. 这样就构成了肺与膀胱通，脾与小肠通，心与胆通，肾与三焦通，肝与大肠通，除五脏别通外，包络也应与胃通，从而确立了六脏六腑全能相通的「六脏别通」，即「脏腑别通」，透过「脏腑别通」的脏腑关系，用于内科及杂病均甚为有效。

3 Yang	Taiyang (Open)	Shaoyang (Pivot)	Yangming (Close)
	Foot UB, Hand SI	Foot GB, Hand SJ	Foot ST, Hand LI
Same Energy			
Attraction			
(Matching of the			
Hand and Foot			
channels)			
3 Yin	Hand LU, Foot SP	Hand HT, Foot KI	Hand PC, Foot LR
	Taiyin (Open)	Shaoyin (Pivot)	Jueyin (Close)

For over 30 years, I have used this method to treat many diseases with Chinese herbs and acupuncture and obtained extremely good therapeutic results, with acupuncture in particular.

The theory of "Open", "Pivot" and "Close", and the extraordinary connections of *ZangFu* organs is the core of Tung's Acupuncture. As is known to

everyone, this theory is derived from *Yijing*, which emphasizes symmetry and balance. Tung's Acupuncture also attaches importance to symmetry and balance. The following is the introduction to its clinical application and further elaboration of the theory of the extraordinary connection of *ZangFu*.

三十多年来，个人以此方法运用方药及针灸治病甚多，极有疗效〈方药另文举例〉，用于针灸效果更为突出。

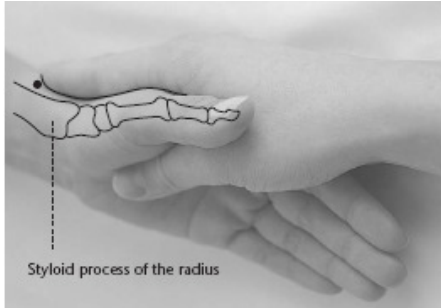
开阖枢与脏腑别通为董氏针法的核心内容，各位在这里知道开阖枢从易学而来。易学强调对称及平衡，董氏奇穴也很强调对称与平衡。下面重点介绍其应用，说明脏腑别通的发挥。

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The extraordinary connections of the ZangFu

The Lung and Urinary Bladder

The disturbance of urinary bladder *Qi* in transformation and dysfunction of the urinary bladder in control is related to the regulatory function of the lung. Dysfunction of the lung *Qi* in dispersing and descending may lead to dysfunction of the bladder in storing and discharging urine. It is the *Qi* of the lung that functions to regulate and control the bladder. "*Qi* transformation helps and controls urination". It is stated in Chapter 7 of the book *JinKuiYaoLue* (Essentials from the Golden Cabinet) that, "in case of deficiency of the lung with spit and no



cough, the patient is not thirsty and there must be enuresis and frequent urination. This is because deficiency in the upper fails to control the lower. When there is cold in the lung, the patient will have vertigo and profuse spit. For the condition, *GanCaoGanJiangTang* (Decoction of Glycyrrhizae and Rhizoma Zingiberis) should be used to warm the cold." It is a deficiency syndrome with the lung failing to control the bladder.

Dysfunction of the lung *Qi* may also lead to water retention in the lung, giving rise to upward rebellion of the lung *Qi* and resulting in asthma. Treatment is given to clear heat and promote the function of the bladder so as to cure asthma. In return, dysfunction of the bladder *Qi* can be

removed by regulating the lung; this is the method known as "removing the cover of a teapot to let the tea flow out". As Dr. *WuJuTong* said, "Open the Upper sluice gate, transform the lung *Qi* and disperse the upper so as to promote urination in the lower." Dr. *ZhuDanXi* also said: "The Lung is located in the upper *Jiao* and the urinary bladder in the lower *Jiao*. When the upper *Jiao* is blocked, the lower *Jiao* is obstructed." *MaHuangTang* (Decoction of *Herba Ephedrae*) is therefore often used to help open the upper and benefit the lower so as to promote urination as well as to control frequent urination of the senior and child enuresis. In addition, needling point *LieQue* (LU 7) can treat frequent urination and polyuria (*i.e. passing of an excessive quantity of urine*). Needling point *YinLingQuan* (SP 9) can promote urination as well as frequent urination. Needling *YuJi* (LU 10) can treat backache along the distribution of the bladder meridian. Needling the back-*Shu* points can treat asthmatic breathing. All these are due to the extraordinary connection between the lung and spleen (*TaiYin*), and the urinary bladder (*TaiYang*).



In the application of Tung's extraordinary points, *ChongZi* (22.01) and *ChongXian* (22.02) located on the lung meridian are often selected to treat backache along the bladder meridian. The disorders of the uterus are also related to the bladder meridian. In *ShangHanLun*, there is the syndrome of blood retention the manifestations of which are "TaiYang disease Heat accumulation in the bladder.... The patient looks maniac... acute pain the lower abdomen." In case of the syndrome of blood retention of the bladder meridian, there often appear maniac symptoms. Many ladies with blood retention in the uterus may also have psychotic symptoms such as dysmenorrhea (*i.e. painful menstruation*), amemorrhoea (*i.e. absence of the menses*) and heat retention in the uterus, for which *TaoHeChengQiTang* (decoction of peach kernel for activating *Qi*) with modification is often used. It is also

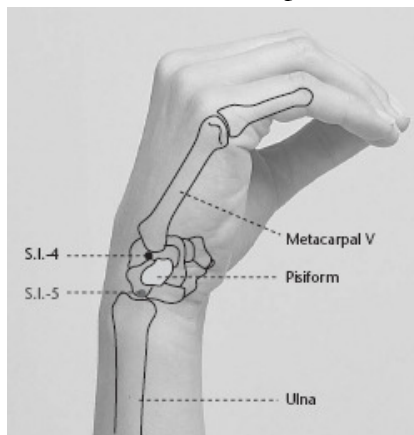
mentioned in *JinKuiYaoLue* that *GuiZhiFuLingWan* (pills of *Ramulus Cinnamomi* and *Poria*) is often used to treat diseases with blood retention in the uterus. Both of the two prescriptions have the ingredient *GuiZhi* (*Ramulus Cinnamomi*), which is the major herb for the urinary bladder meridian. From this example we can understand the significance of the selection of *ChongZi* and *ChongXian* that can be used to treat hysteryoma (*i.e. myoma of the uterus*), and this therapeutic effect is closely related to the extraordinary connection between the lung and the urinary bladder. The therapeutic effect of point *FuKe* 妇科 (11.24) located on the lung meridian, which can treat

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gynecological diseases, uterine diseases in particular, is also based upon the theory of extraordinary connection of *ZangFu*.

The spleen and the small intestine

The spleen dominates transformation and transportation, including the reception and transforming function of the small intestine. The small intestine relies on the warming function of the kidney *Yang* to transform food, while the function of the small intestine in separating the clear from the turbid offers the material foundation to the spleen function in transforming *Qi* and blood, ascending the clear and descending the waste. The spleen dominates ascending, prefers dryness and dislikes damp; correspondingly, pathogenic damp is liable to injure the spleen. The small intestine dominates descending, prefers warmth and dislikes cold, and pathogenic cold is therefore liable to consume the *YangQi* in the small intestine. Thus, the spleen and small intestine work closely together in coordination. Since the time of *NeiJing*, disorders of the small intestine and disorders of the spleen and stomach have never been clearly separated. As stated in Chapter 22 of *SuWen*: "When spleen is ill due to deficiency, there appear abdominal fullness, boryborygmus' (*i.e. a rumbling or gurgling sound caused by the movement of gas in the intestines*) and indigestion." *ShangHanLun* also says: "In *TaiYin* disease, there appear abdominal fullness, vomiting, poor appetite, diarrhea and abdominal pain." Though it is the disease of the spleen, it can also be considered as the pathological change of the small intestine in reception and transformation. Therefore, in case of diseases of the small intestine, we often treat both the spleen and small intestine. When there is cold in the small intestine, we warm the middle *Jiao* and dispel cold; When there is heat in the small intestine, we clear heat from the small intestine and purge the spleen; When the small intestine is slow in absorption with boryborygmus and diarrhea, we strengthen the spleen functions of transforming and transporting with additional drugs to eliminate damp. This is the method: solidify the stool by promoting urination; it is accomplished by treating both the spleen and the small intestine. Clinically, abdominal dull pain which is alleviated by warmth and pressure, watery and loose stool and poor appetite are often seen in gastro-duodenal ulcer and dysfunction of the small intestine in absorption. In Chinese medicine, it is differentiated as *Yang* deficiency of the spleen and stomach and is treated with *HuangQiJianZhongTang* (Decoction of Radix Astragali ser Hedysari for Strengthening the Spleen) or *FuZiLiZhongTang* (Decoction of Radix Aconiti Praeparata for Regulating the Middle *Jiao*). Another example is the application of *HuangTuTang* (Decoction of Based Yellow Soil) in *JinKuiYaoLue* to treat hematochezia. Dr. *WuJiTong* considered that bleeding after defecation is due to cold damp in the small intestine which is different from bleeding before defecation due to cold damp in the small intestine which is different from bleeding before defecation due to damp heat in the large intestine. Since the etiological root is in the small intestine, *HuangTuTang* is therefore used to warm the spleen and stop bleeding, the example of the spleen and small intestine being treated simultaneously.



In acupuncture treatment, *WangGu* (SI 4) is often used for obesity. In ancient classical literature, it is often selected to treat jaundice due to damp heat (see *TongXueZhiYaoFu* – Ode of Commonly Used Important Points, *YuLongGe* – Song of Jade Dragon and *YuLongFu* – Ode of Jade Dragon). *WangGu* is the *Yuan*-source point of the small intestine and can eliminate damp due to spleen deficiency. The Tung's extraordinary point *GanMen* (33.11) is also located on the small intestine meridian and is indicated in hepatitis. All the ancient and contemporary physicians considered it is important that hepatitis should be treated by eliminating damp. In cases of *Yang* jaundice due to acute hepatitis, emphasis of treatment should be placed on the *YangMing*, while in

case of *Yin* jaundice in chronic hepatitis, the emphasis should be placed on eliminating damp. The small intestine is the organ of irrigation and has very strong ability to eliminate damp. An alternative example: the spleen point *YinLingQuan* (SP 9) can be selected to treat periarthrititis of the shoulder with remarkable effect. It is also due to the extraordinary connection between the spleen and small intestine.

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The heart and the gallbladder

It is said in Chapter 8 of *SuWen*: "The heart is the emperor organ and it houses mind.... The gallbladder is the upright organ and it helps to make decision." The gallbladder is related to emotional activities and plays an important role in spirit, consciousness and thinking. The heart dominates blood and vessels. The gallbladder assists digestion. The heart dominates the emperor fire and the gallbladder dominates the minister fire. The gallbladder excretes bile and dominates ascending and descending in the triple energizer; it is therefore closely related to the formation of phlegm and damp. Dysfunction of the gallbladder often leads to hyperlipoidemia (*i.e.* presence of excess lipids in the blood) and cardiovascular diseases such as coronary heart disease, angina pectoris, myocardial infarction and arrhythmia. It is pointed out in the research of western medicine that the occurrence



of coronary heart disease and angina pectoris is often related to the hyperlipoidemia and cholecystitis, cholelithiasis (*i.e.* the presence of gallstones) and obstruction of biliary tract may all raise the blood lipids. Based on these concepts, we can treat heart disease by taking gallbladder into consideration; we often use *XiaoChaiHuTang* and *WenDanTang* (Decoction for Clearing Heat from the Gallbladder) to treat, coronary heart disease, angina pectoris and arrhythmia. There are many such clinical reports. The two herbal formulas are also very effective in treatment of insomnia. To treat biliary diseases by taking the heart into consideration, we often use *GuaLouJinBaiBanXiaTang* (Decoction of Fructus Trichosanthis, Herba Allium and Rhizoma Peinelliae) to treat chronic cholecystitis (*i.e.* inflammation of the gallbladder) with certain therapeutic effect. At present, the therapeutic effect of treating cardiac and biliary disease together is far better than

considering one or the other alone. In acupuncture, needling point *FengShi* of the gallbladder meridian is very effective for insomnia, heart disease and cholecystitis. Needling point *ShenMen* (ST 7) of the heart meridian is also very effective for deficiency of *Qi* of the heart and gallbladder. Besides, the extraordinary point *YanHuang* 眼黄 (11.23) located on the heart meridian is effective for yellow eyes. All these are examples of extraordinary connections of *ZangFu*.

The kidney and the triple energizer (*SanJiao*)

It is stated in Chapter 47 of *LingShu*: "The kidney controls the triple energizer and the urinary bladder." There exist two systems in the triple energizer (*SanJiao*). The first system is that if *Qi* activity dominated by the lung, spleen and the kidney. The *Qi* activity in the upper energizer functions to disperse and distribute the body fluid and essential substance and this function relies on the lung. The *Qi* activity in the middle energizer functions to transform the nutrient *Qi* (*YingQi*), defensive *Qi* (*WeiQi*), and essential blood and this function relies on the spleen. The *Qi* activity in the lower energizer dominates the anterior and posterior orifices and controls discharge of the waste and this function relies on the kidney, and the kidney is the original motive power of the *Qi* activity in all the triple energizer.

The second system is that of ministerial and emperor fire of the triple energizer which is dominated by the heart, liver and kidney. The heart is the emperor fire located in the upper energizer. The liver is the minister fire located in the middle energizer while the kidney and *MingMen* (vital gate) are the minister fire located in the lower energizer. Kidney is the organ that contains both water and fire and therefore both of the two systems originate from the kidney. During the course of diseases of the two systems, they can transform into each other usually in the late stages.

Prolonged illness of either system may eventually affect the kidney. This is because both systems originate from the kidney which contains *Yin* and *Yang*, water and fire, and serves as the general pivot of the whole body. Clinically, the triple energizer should be considered in the treatment of kidney diseases. Cold limbs due to *ShaoYin* patterns result from kidney *Yang* deficiency, the prescription *SiNiTang* is indicated for this condition. However, it is formed with *FuZi* (Radix Aconiti Praeparata) to warm the kidney *Yang* in the lower energizer,

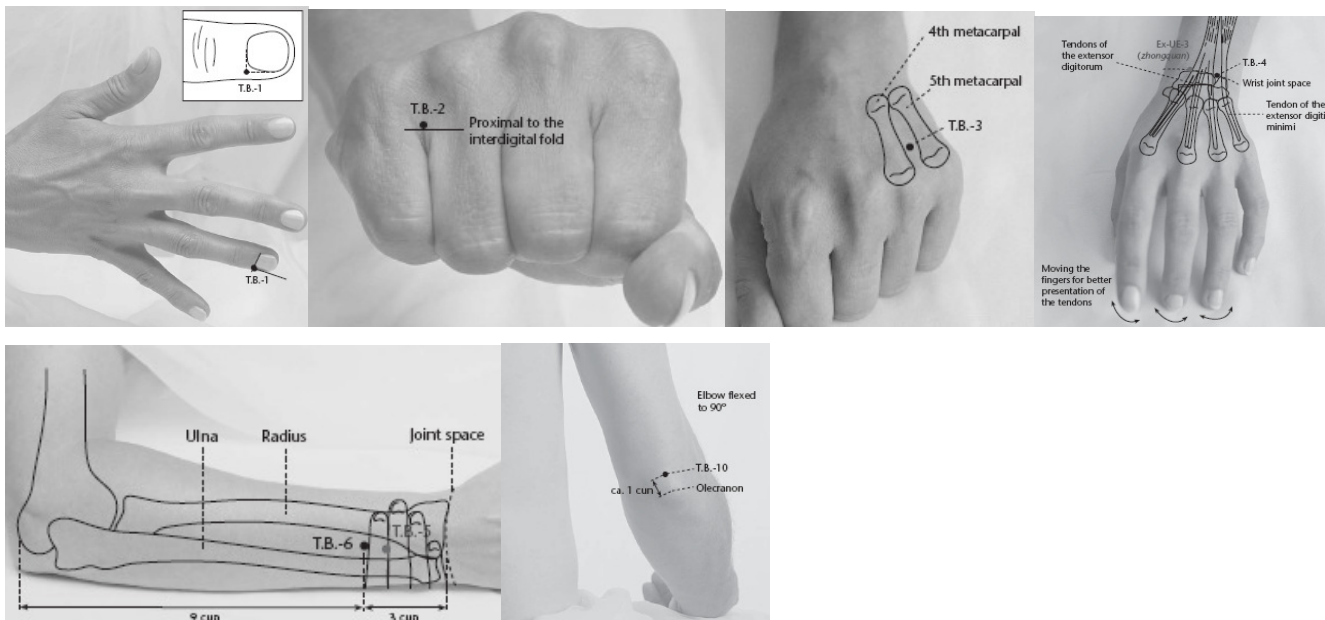
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GanJiang (Rhizoma Zingiberis) to warm the spleen *Yang* in the middle energizer, and *GanCao* (Radix Glycyrrhizae) to warm the heart *Yang* in the upper energizer, treating the *Yang* of all three energizers.

There are many such formula examples in the book *ShangHanLun*. The basic principle of treatment is "Treating the disease and protecting the patient". It means the physicians should consider the body constitution of the patient in order to avoid weakening the patient with the drugs. Many formulas of *ShangHanLun* are modified by adding such herbs as *GanCao*, *ShengJiang*, and *DaZao* (Fructus Ziziphi Jujubae) to protect and strengthen the anti-pathogenic *Qi*. Moreover, *GuiZhiTang* should be used only after taking *MaHuangTang*; further, *DaChengQiTang* (Major Decoction for Clearing Heat with Purgation) cannot be used repeatedly even when there still remain symptoms of exterior patterns. All these measures are for protecting the anti-pathogenic *Qi* of the patient. This is different from the western medicines where strong drugs are sometimes used and they badly weaken the body constitution of the patient before the disease is controlled.

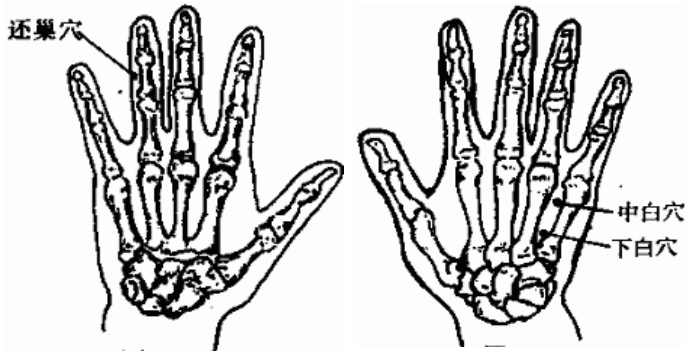
Another principle often used in TCM, acupuncture, is "two-way regulation". For instance, needling point *NeiGuan* to slow down the heartbeat in case of tachycardia and speed up the heartbeat in case of bradycardia; needling *ZuSanLi* can treat both hyperperistalsis and bradystalsis of the stomach. The two-way regulatory function of acupuncture is obvious and safe. Many formulas in *ShangHanLun* also have two-way regulatory functions. For instance, in *SiNiSan*, *ChaiHu* can ascend *Qi* and *ZhiShi* (Fructus aruantii Immaturus) can descend *Qi*. Through the ascending and descending functions, the formula effectively regulates the *Qi* activity. Besides *ShaoYao* and *GanCao* can regulate blood, thus the formula functions to regulate both *Qi* and blood in ascending and descending. Another example is *GuiZhiTang* in which *GuiZhi* and *ShengJiang* can warm the *Yang* and regulate defensive *Qi*, and *ShaoYao* and *DaZao* can nourish *Yin* and harmonize nutrient *Qi*, thus the formula has two-way regulatory function for both *Yin* and *Yang*, and *Ying* (nutrient *Qi*) and *Wei* (defensive *Qi*).

The third principle in TCM is "considering the body as an integrated whole in treatment". For example, *SiNiTang* is mainly used to warm the kidney *Yang*, and in fact, it warms *Yang* of all three energizers. Another example is *GuiZhiJiaHouPoXingRenTang* (Decoction of Ramulus Cinnamomi plus Cortex Magnoliae Officinalis and Semen Armeniacae Amarum), which is used to treat asthmatic breathing. However, in that prescription, *XingRen* (Semen Armeniacae Amarum) is for regulating lung *Qi* in the upper energizer, *HouPo* (Cortex Magnoliae Officinalis) is for regulating the *Qi* in the middle energizer and *GuiZhi* (Ramulus Cinnamomi) balances and regulates the *Qi* in the lower energizer. Though the formula is used to treat asthmatic breathing, it regulates the *Qi* in all the three energizers.



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Now let's talk more about the extraordinary connection of the kidney and triple energizer. The five-*Shu* points *GuanChong* (SJ 1), *YeMen* (SJ 2), *ZhongZhu* (SJ 3), *ZhiGou* (SJ 6) and *TianJing* (SJ 10), and *YangChi* (SJ 4) are all related to the water (Kidney). In the treatment of nephritis, Master Tung often used *ZhongBai* (22.06) and *XiaBai* 下白 (22.07). The two points were also used to treat edema. Besides, *ZhongZhu* is often selected to treat lower back pain. Another example is the extraordinary point of Master Tung: *HuanChao* 还巢 (11.06) is often needed to treat infertility. This point is located on the triple energizer meridian and it functions through the extraordinary connection of *ZangFu*.



The liver and large intestine

The liver maintains the unrestrained and free-going condition for the flow of *Qi* and it also assists urination and defecation. The transportation of the large intestine greatly relies on the function of the liver in maintaining free-flow of *Qi*. In his medical record of treatment of hypochondriac pain, constipation and abdominal distention, Dr. *WuJuTong* emphasized liver function in regulating urination and defecation, which is based upon the liver meridian winding around the external genitalia and the extraordinary connection of the liver and large intestine.



For example, the form of dysentery where the herbal formula *WuMeiTang* (Decoction of Fructus Mumae) is indicated results from prolonged damp heat. Here, stagnation of the liver transversely invades the spleen and dysfunction of the liver in maintaining free flow of *Qi* give rise to dysentery with tenesmus. The type of dysentery that is treated with *BaiTouWengTang* (Decoction of Radix Pulsatillae) is caused by deficiency of the earth that gives rise to stagnation of the wood, and in return, it makes the stagnation of the wood even worse. As a result, accumulation of damp heat in the intestine occurs. Treatment can obtain therapeutic results by dispersing the wood and regulating the liver. *BaiTuoWengTang* here works to clear heat and eliminate damp from the *YangMing* (large intestine) and disperse the *Qi* stagnation of the liver so as to cure dysentery. Moreover, *SiNiSanJiaJiuBaiTang* (Decoction for Treating Cold Limbs modified by Allium Tuberosum Rottier) can

also be used to treat dysentery. The two formulas are also effective for diseases of external genitalia since such diseases are often caused by damp heat in the liver meridian. In acupuncture, needling *QuChi* can treat hypertension due to liver *Yang* hyperactivity and various kinds of vertigo. The extraordinary point *LingGu* located on the large intestine meridian is effective for vertigo. Point *Mu* on the large intestine meridian can treat hernia of the large intestine. And the point *DaJian* 大间 (11.01), *XiaoJian* 小间 (11.02), *WaiJian* 外间 (11.04), and *FuJian* 浮间 (11.03) located on the large intestine meridian can all treat hernia. Besides, needling *TaiChong* of the liver meridian can treat diarrhea with abdominal pain. All these examples in which the theory of extraordinary connection of *ZangFu* is used.

The pericardium and the stomach

A common clinical picture is the patient with myocardial infarction caused by an upward attack of the stomach *Qi* after overeating. Since some patients with angina pectoris due to coronary heart disease also have obvious symptoms of the upper digestive tract, the formula for chest *Bi* can treat stomachache simultaneously, it is a treatment known as the "simultaneous treatment for both the heart and stomach". This is because the stomach is connected with the pericardium giving symptoms such as disturbance of the mind. In this case, *DaChengQiTang* is used to purge the excess heat from the stomach. When the stomach is cured, the pericardium will be calm. It is stated in Chapter "Middle Energizer" of the *WenBinTiaoBian* "In the *YangMing* warm disease, there is

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constipation, the pathogenic heat invades the pericardium, leading to unconsciousness and delirium, obstruction of the mind and thirst. For the condition, *NiuHuangChengQiTang* (Decoction of Calculus Bovis for Clearing Heat) should be used"; also, "In case of stomach disease with dysentery, delirium, excessive or slippery and rapid pulse, *XiaoChengQiTang* (Minor decoction for clearing heat with purgation) should be used". Further, it is said in Chapter "JueYin" of the *ShangHanLun*, "in case of dysentery with delirium and dry stool, *XiaoChengQiTang* should be used." In cases of *YangMing* and *JueYin* being diseased simultaneously, use purgatives to clear heat for constipation, but also use cooling drugs to help induce resuscitation such as *NiuHuangQingGongWan* (Pills of Calculus Bovis for Clearing Heat to Inducing Resuscitation) and *ZiXueDan* (Pills of cool drugs for inducing Resuscitation). The simultaneous use of both the cool drugs such as *NiuHuang* (Calculus Bovis) and the heat-clearing purgatives are also used. *ChengQiTang* (Decoction for clearing heat with purgation) is often used to treat epidemic dysentery with unconsciousness, delirium and convulsion due to toxic heat, known as "treating dysentery by promoting bowel movement and protecting anti-pathogenic *Qi* with purgation; " This carries the patient through the crisis. Needling point *NeiGuan* of the pericardium meridian is very effective for stomachache (where the stomach meridian travels) and knee joint pain. The stomach point *ZuSanLi* is also very effective for stuffiness in the chest due to heart disease. Master Tung often used *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03) to treat heart disease. All these points are located on the stomach meridian, indicating the extraordinary connection of the pericardium and stomach.

Concluding remarks

Guided by the theory of the open, close and pivot, personally, I have explained the extraordinary connection of the five *Zang* and supplemented the extraordinary connection of the pericardium and the stomach, making the theory more complete. The clinical application of the theory has improved the therapeutic effect for the miscellaneous diseases, especially for acupuncture treatment. At present, points are usually selected from the same-named meridians (for instance, select points of the hand-*YangMing* meridian to treat the foot-*YangMing* meridian, points of hand-*TaiYang* meridian to treat foot-*TaiYang* meridian, etc.); or the externally-internally related meridians (such as the hand-*YangMing* and hand-*TaiYang*). Points from the same-named meridians, the points of hand and foot, the upper and lower, are selected mainly to dredge the meridians (for instance, select points of the hand-*YangMing* meridian to treat the foot-*YangMing* meridian, points of hand-*TaiYang* meridian to treat foot-*TaiYang* meridian, etc.); while the points of the externally-internally related meridians, points of *Zang* and *Fu*, *Yin* and *Yang*, are selected mainly to maintain balance (for instance, select points of the hand-*TaiYang* meridian to treat foot-*TaiYang* meridian, etc.). Based on the extraordinary connection of *ZangFu*, points are selected from both *Zang* and *Fu*, hand and foot, *Yin* and *Yang* meridians (taking the extraordinary connection of the lung and urinary bladder as an example, the lung meridian is a hand-*Yin* meridian and the urinary bladder meridian is a foot-*Yang* meridian), functioning in both dredging the meridians and maintaining balance, thus the remarkable therapeutic results. This is the most important part, the core of the theory of Tung's extraordinary points.

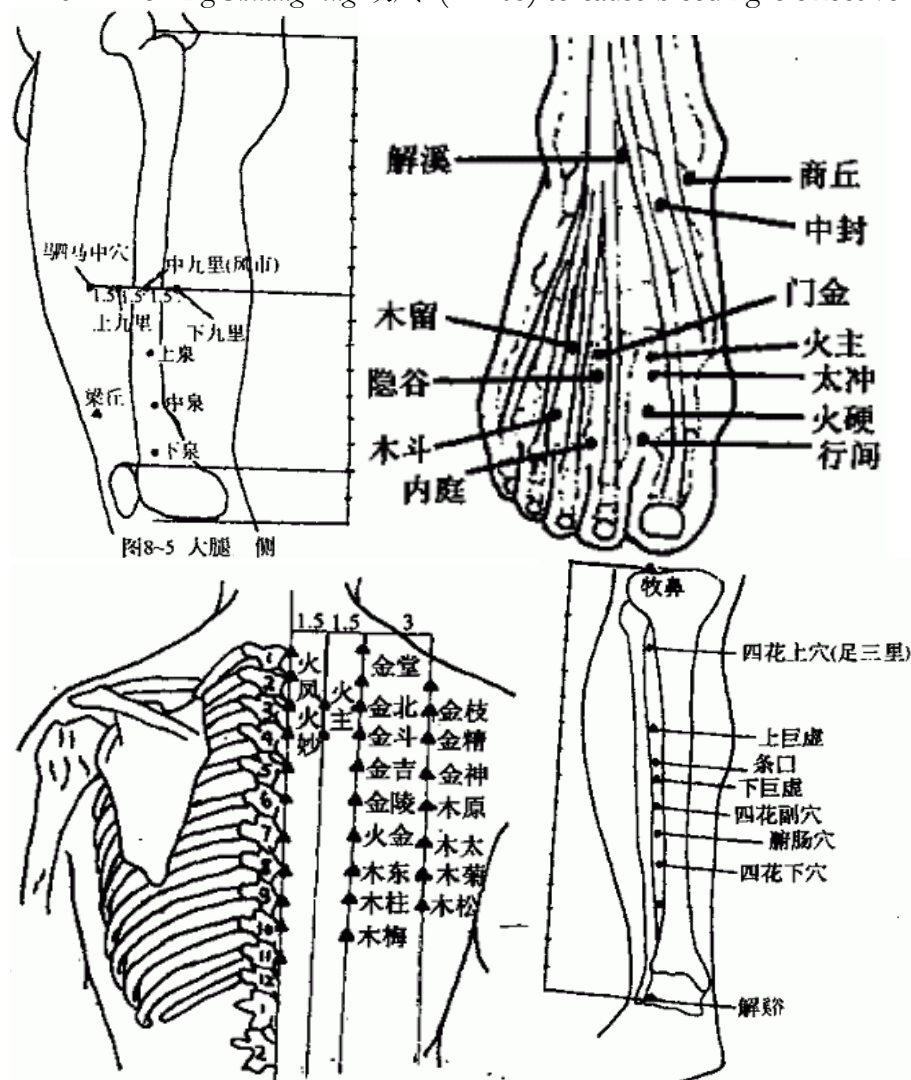
Chapter Two

The Four Limbs and Trunk 四肢躯干

Diseases of the upper limbs 上肢疾病

Numbness of the Fingers 手指麻

1. Needle *ShenGuan* 肾关 (77.18) and *FuLiu* 复溜 (K 7) has specific effect. 针肾关，复溜特效。
2. Needling *HuoJu* 火菊 (66.11) is effective.
3. Needle *JiuLi* 九里 (88.26, 27) 上九里，下九里
4. Needle *MuDou* 木斗 (66.07) and *MuLiu* 木留 (66.06).
5. Needle *WuHu* 五虎 (11.27) on the opposite side.
6. Prickling *ShuangFeng* 双凤 (DT.05) to cause bleeding is effective.



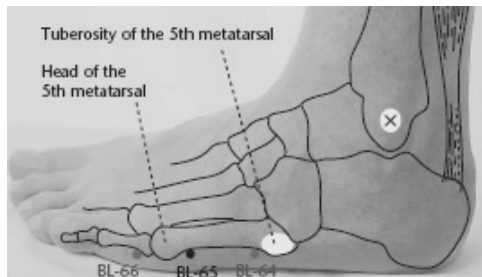
Symmetrical methods are useful for diseases of the four limbs; they will be introduced in detail later. To treat numbness of the fingers, the first point is *ShenGuan*. The second point *HuoJu* is also very effective. The third point is *JiuLi*. These points are useful for mild finger numbness. A few treatments may cure the condition if it is

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not related to cervical problems. Examination of the cervical vertebrae is necessary to rule out cervical complication.

When numbness of the fingers is due to problems of cervical vertebrae, in addition to *ShenGuan* and *HuoJu*, bleed *ShuangFeng*, which is lateral 1.5 *cun* to the 2nd cervical vertebra. Include the other 6 points below with the distance of 1 *Cun* between each other, with seven points in total. With an aging patient population the incidence of cervical bone spurs is increasing as a result, more patients are suffering from numbness of the fingers. Other common sites for bone spurs include the lumbar vertebrae, knees and heels. In my many years clinical practice, the most common conditions I have treated are bone spurs. In addition to spurring numbness maybe caused by poor circulation due to high cholesterol. Generally, *ShenGuan*, *HuoJu* or *JiuLi* are good enough for simple numbness of the fingers. If the numbness is due to bone spurs, additional points should be selected. In Tung's acupuncture, *MingHuang* 明黄 is often selected to treat bone spurs of the cervical and lumbar vertebrae; *SiHuaZhong* and *SiHuaXia* 四花下 (77.11) are often used to treat bone spurs of the knee joint and heel. When needling *SiHuaZhong* and *SiHuaXia*, insertion of the needle should be close to the border of tibia, known as "needling the bone for bone diseases" in order to obtain therapeutic effect.

At present, many patients with knee pain receive good and fast therapeutic effect with acupuncture. However, more severe cases often involve bone spurring. In this case, it should be insert the needle along the border of the bone. Otherwise, the result will be poor. The therapeutic effects are improved if *NeiGuan* and *TaiChong*, or *XinMen* 心门 (33.12) and *TaiChong* are combined. Knee pain caused by bone spur may be cured quickly by selecting these points.



The causes of bone spurring are many. The first is incorrect posture, or inquire about softness of the bed and ergonomic factors for computer workers. Lack of exercise may be a cause as can injuries. Even though there is no pain and no treatment right after injury, there may still be formation of bone spurs over time. Other factors may include invasion by wind cold or frequent squatting for extended periods of time. I have one special acupuncture method for bone spur of cervical and lumbar vertebrae. Needle *RenZhong* (DU 26), *HouXi* (SI 3), *SuGu* (BL 65) and

FengShi (GB 31) for good therapeutic effect. *RenZhong* on the *Du* meridian dredges the meridian. *HouXi* is one of the eight confluent points and is connected with the *Du* meridian and thus indicated in diseases of the *Du* meridian. The urinary bladder meridian travels on both sides of the *Du* meridian and is thus indicated in the diseases of the *Du* meridian, *SuGu* is an effective choice. *FengShi* is the point located on the *ShaoYang* meridian that dominate bone and is thus indicated in bone diseases. It is better to needle *HouXi* and *SuGu* along the border of the bones and *FengShi* deeply enough to touch the bone. The above four points are the best points for treatment of bone spur. In severe case, bleed *WeiZhong* once every 10 days to two weeks, in order to improve responsiveness and therapeutic outcomes.

In the past years, I have treated many cases of shoulder and arm pain and numbness of the fingers due to bone spur of cervical vertebrae. Here is mini case. In 1985, I had a patient named Mr. Zheng who was the father-in-law of an acupuncturist in Los Angeles. He was suffering from left shoulder and cubital pain and numbness of the left hand for over 6 months. He went back to Taiwan to visit his family and came to my clinic during the spring festival. I treated him with the points including *FengShi*, *ShenGuan* and *FuLiu*. He received treatment 2-3 times per week with blood-letting at *WeiZhong* once every two weeks. I further prescribed the herbal formula *GeGuaShaoCaoTang* (Decoction of Radix Puerariae, Fructus Chaenomelis, Raids Paeoniae Rubra and Radix Glycyrrhizae Praeparata) which was made by me for bone spur of cervical vertebrae. The ingredients include *GeGen*, *MuGua* (Fructus Chaenomelis), *ChiShao* (Radix Paeoniae Rubra), *BaiShao*, *ZhiGanCao*, *QinJiao* (Radix Gentianae Macrophyllae), *QiangHuo*, *SiGuaLuo* (Retinervus Luffae Fructus), *WeiLingXian* (Racis Clematidis) with modifications. The treatment lasted for less than five weeks and then all the symptoms disappeared.

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In 1981, I published an article entitled, *Experience in Acupuncture Treatment of Neurological Symptoms with Picked Points* in the annual symposia of *Taipei* Municipal Association of Traditional Chinese Medicine. In the article, there is a section "Experience in Treatment of 7 Cases of Hyperplasia of Cervical Vertebrae with Immediate Effect", in which I described the acupuncture treatment and selection of points in details with case examples. Here I'd like to give one example. Not long after the treatment of Mr. Zheng I mentioned above, there came Mr. Huang who was suffering from stiffness and pain of the neck, nape, back and scapula as well as numbness of the fingers. Examination at the hospital revealed hyperplasia at C5 and C6. I needled *ShenGuan*, *FuLiu*, *FengShi* and *HouXi*. Sometimes I used *RenZhong* and *ShuGu* instead of *ShenGuan* and *FuLiu*. The patient also received bleeding therapy to *WeiZhong* once every 2 weeks. At the same time he also took herbal decoction of Modified *GeGuaShaoCaoTang* (as introduced above). He was cured in 32 days.

The most effective method that I have used for bone spur is bleeding *WeiZhong*. Bleeding therapy can move the blood and disperse blood stasis, thus regulating blood circulation. Bleeding promotes metabolism and improves the general health condition. Some people may even have improvement of the career promotions after bleeding *WeiZhong*. This is because bleeding improves blood circulation and gives rise to better facial complexion and the mind that gives others better impression, and thus better career.

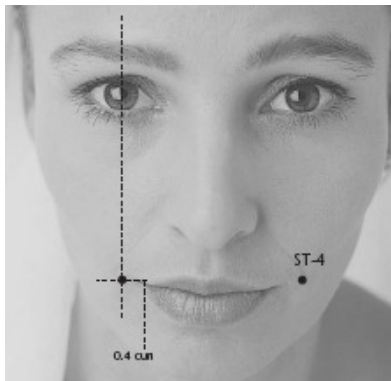
Here are some true examples. One professor was promoted after he received bleeding treatment at *WeiZhong* for his hemorrhoid. Another patient was an ambassador and was due to retire soon. After bleeding treatment he was promoted to minister. One professor was very famous and he was nominated for academician of the Central Academy the year before but didn't pass the examination of credentials. Then he came to me to receive bleeding treatment for his hemorrhoid the second year and he passed the examination after that. Another patient was a university president. He was going to be retired soon. But he was promoted as the chairman of the educational committee after receiving bleeding treatment. It may have been a coincidence; however it may be useful to hear about these correlations since there is no harm.

Question: How does a doctor give bleeding treatment in oral cavity for facial paralysis?

Use three-edged needle to prick the mucus membrane of the inner wall of oral cavity to cause bleeding. This method is very helpful in clinical practice. Without it, the cure may take seven days instead of three days. Afterwards, have the patient rinse the mouth with saline water for sterilization and to avoid infection on one hand, and give certain stimulation on the other for recovery. Ear apex bleeding on the diseased side is also very good for facial paralysis, and it can be used in alternation with oral cavity bleeding to avoid repeated injury of the same point.

Question: What is the standard method of the cure for facial paralysis?

This is a good question. I have treated many patients with facial paralysis in Taiwan and have accumulated very rich experience. When the mouth starts to deviate, the eye cannot close generally and the mouth cannot whistle either. There is often food retention around the gums. After treatment for certain period of time, the food retention disappears. Further, assess the therapeutic effect by asking the patient to whistle before and after treatment. The sound of whistle indicates great progress after treatment. The ability of the patient in closing eye suggests the cure of the disease and the course of treatment could be finished. Often, the patient looks fine after treatment. However, they cannot completely close the eyes; in this case needle *HeGu* on the healthy side. As mentioned in the ancient medical classic, "*HeGu* is indicated in the diseases of the face and mouth." Ask the patient to close the eye as much as possible while manipulating the needle, and gradually the patient will be able to close the eye. In severe cases, the mouth deviates downward. Some patients



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have the deviation on both sides; in these cases, give traction by needling *DiCang* (ST 4). For downward deviation, needle *ChengJiang* for better and faster results. However, the stimulation of the traction shouldn't be too strong. Facial paralysis is not a difficult disease to cure. But if the duration of the disease is more than 2 months, the improvement will be slow and the course of treatment will be long, and early treatment is therefore advisable.

Question: What are precautions of bleeding therapy?

The precautions are as follows:

1. Preparation. If the patient takes a standing position for bleeding, place some drape sheets under his/her feet. If the patient bends over for bleeding, place some drape sheets (paper) under the location to be bled. For example, if *WeiZhong* is to be bled, put some papers under the knee; if *TaiYang* is to be bled, place a bucket on the ground to let the blood drop into the bucket. All these preparations must be done before treatment.
2. Pay attention to the weather. This is also important for other aspects of treatment. Good weather may allow more bleeding with improved therapeutic results. If the weather is cloudy, the blood vessels contract and bleeding will be less. Therefore, bleeding treatment should be given generally when the weather is fine to all the chronic cases except acute condition.
3. Food-intake of the patient is important. It is not advisable to give bleeding when the patient is either full or hungry. When the patient is hungry, the blood becomes thicker and it will affect the volume of the bleeding. Do not have bleeding treatment long after eating. Besides, the patient is liable to have fainting when hungry.
4. Thickness of the needle and needling technique. Though the three-edged needle is thick and looks terrifying, its therapeutic effect is good. Besides, the needling technique is even more important. To avoid too deep insertion when the technique is not good enough, hold the top of the needle with fingers first and then prick the point. In bleeding therapy, it requires the insertion of the needle tip only. Since the surface of the three-edged needle is very smooth, autoclaving sterilization is good enough. But now disposable three-edged needle is commonly used. It is important that the tip is sharp enough and that the three blades are smooth, problems of increased pain and inefficient outcomes occur when the tip is dull and the blades are rough. If the tip and three blades are sharp enough, slight pricking may easily cause bleeding. Otherwise, there is possibly no bleeding but injury of the skin only. It is therefore necessary to check the tip and three blades before needling. Besides, the volume of bleeding is also related to the technique and the flow of air in the pricked point. If the insertion is too shallow and the air flow in the point is too little, bleeding will be less. The pricked area of three-edged needle is much larger than that of a filiform needle. Slight pricking may cause much bleeding. Pricking with the depth of 0.1 *Cun* may give rise to a lot of bleeding. Poor technique will not cause enough bleeding but long wound.
5. How do we cause heavy bleeding? I'd like to talk about this in detail. If a practitioner's skill is sufficient, just pricking the point slightly will cause bleeding. With lower skill, there will be more tissue injury with little or no bleeding; under these circumstances, prick the blue vein. When there is bleeding, there will be no pain, and when there is no bleeding, there will be pain. If there is no bleeding after pricking the vein, just prick another vein nearby. It is just like opening milk can that needs two drilled hole to let milk flow out. Further, some areas have no vein on such as the back. To cause bleeding to occur more easily, first press and massage the local area to cause local congestion. Thumb-pressing may also be used when bleeding point *WeiZhong* and *ChiZe*. It may reduce the pain caused by pricking. When bleeding *TaiYang* with no local obvious vein, we could ask the patient to tighten the collar first to cause congestion at the point for ease and larger amount of blood. When bleeding the *Jing*-well points such as *ShaoShang* (LU 11) or *ShangYang* (LI 11), make it congested first. If the finger root of the thumb or index finger is pressed to make congestion first and then bleed the point, more blood will flow out.

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6. Time for bleeding. The appropriate time for bleeding therapy is essential and affects the amount of blood and efficiency of bleeding therapy. For example, when *TaiYang* is bled at 11:00 am when the weather is fine, the therapeutic effect would be best. Especially when getting close to mid-noon, more *YangQi* exist in the vein and the blue vein is clearer such as in case of migraine. If we prick such blue vein at point *TaiYang*, there could bleed 40-50 drops of blood. Generally every 10 drops are equal to 1 cc. Bleeding *TaiYang* treats many diseases with excellent results, especially diseases of the face and neck such as migraine, trigeminal neuralgia or even asthma. The depth of insertion is about 0.1 *Cun*. When it bleeds to certain drops, the bleeding will stop spontaneously. To cause heavy bleeding, just prick with the needle against the blue vein. Generally speaking when the patient's facial complexion is rosy and moist, it would be more difficult to find the blue vein. In this case, just tighten the collar to cause local congestion at the point and then bleed the point. If the bleeding is still not enough, just squeeze it. However the amount of bleeding available by squeezing is limited and it is advisable to prick the point long enough after causing congestion. In general, when there are more blue veins, the bleeding will be easier and doesn't require squeezing, and the blood even sprays out, leading to good therapeutic effect.

The above are the principle and method of bleeding *TaiYang*. For lower back pain and bone spur of spinal vertebrae, it is better to give bleeding in the afternoon, following the theory of Midnight-noon Ebb flow. After bleeding, the use of Acupuncture may make the therapeutic effect even better. As we know, the ebb and flow of the circulation in the 12 regular meridians follow certain time regularity, so does the circulation of the *Ren* and *Du* meridians. The glow circulating in the 12 regular meridians arrives at the small intestine meridian of hand-*TaiYang* during the period of 1:00-3:00 PM and the urinary bladder meridian of foot-*TaiYang* during the period of 3:00-5:00 pm. Both the hand and foot *TaiYang* meridians travel on the posterior aspect of the human body, and therefore best result could be obtained when bleeding is given in the afternoon for sciatica and hemorrhoids. However, bleeding *Jing-well* points like *ShaoShang* are emergency points and have nothing to do with the time since there is no blue vein in the local areas. When treating backache and lumbago, bleeding *WeiZhong* is the best. If no blue vein is found at the point, bleeding may be given on the back and lower back. Pain of the leg can be treated by bleeding certain areas of the back and lower back too. To bleed the back or lower back, there is no strict requirement regarding time. Though the amount of bleeding is not as much as that in pricking a blue vein, we can increase the bleeding by squeezing or cupping. Generally, the patients without much exposure of the blue veins do not have a large amount of bleeding during these procedures. When bleeding the oral enough. Just ask the patient to open the mouth, prick the mucous membrane at the level of mouth angle. Blood letting is usually given to the diseased side in case of facial paralysis.

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Pain of the index finger 食指痛

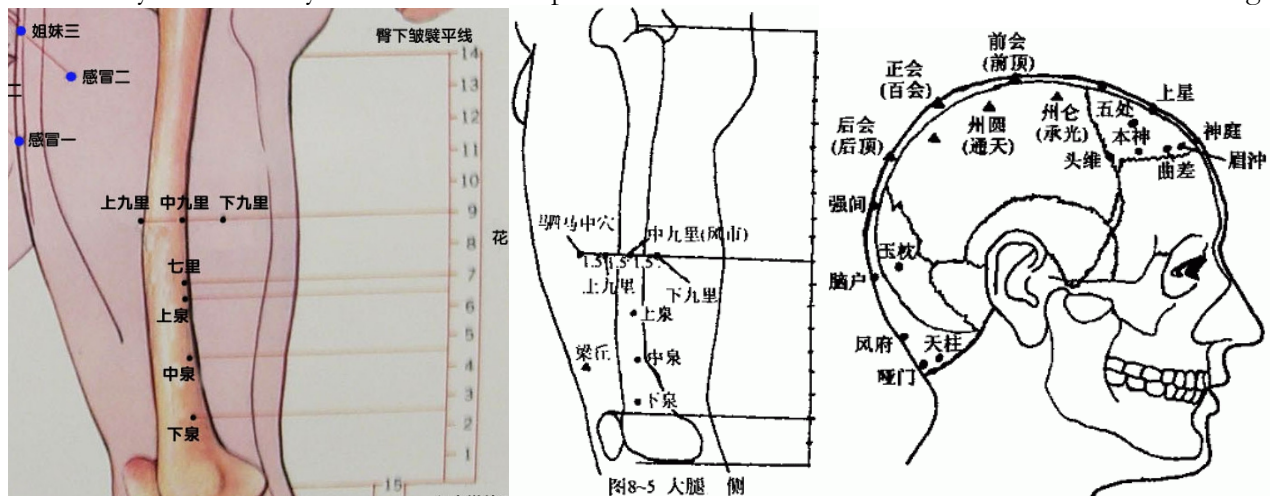
1. Needling *WuHuYi*, the first point of *Wuhu* 五虎 (11.27), may have special effect. 五虎一特效。
2. Needling *SiHuaZhong* 四花中 (77.09) may also have good effect. 针四花中穴特效。

In the treatment of the index finger pain, we usually needle point *WuHu* 1, the first point of *WuHu* on the healthy side. The point is also indicated in the pain of all the five fingers. *SiHuaZhong* is also good for the pain of the index finger. At present, many patients are suffering from the pain of finger joints, for which I often needle point *WuHu* 1. I also select the point in treatment of finger pain due to rheumatoid arthritis. Best result could be obtained by the combination of acupuncture and herbal medicine in treatment of rheumatoid arthritis.

The most commonly used herbal prescription is *GuiShaoZhiMuTang* (Decoction of Ramulus Cinnamomi, Radix Paeoniae and Rhizoma Anemarrhenae). Rheumatoid arthritis is known as *WanBi* or *WangBi* (stubborn *Bi* syndrome). *GuiShaoZhiMuTang* modified by *QuanXie* (Scorpio) and *WuGong* (Scolopendra) has very good therapeutic effect for rheumatoid arthritis. Many patients with swelling and deformity of finger joints came to my clinic for treatment. If the condition is not too severe, this prescription may help the patient completely recover. Acupuncture is often taken mainly for the control of pain. Master Tung also often selected *TongGuan* (88.01) and *TongShan* (88.02) to treat the disease.

Question: How effective is acupuncture in the treatment of Yin deficiency? Please explain it by taking Parkinson's disease as an example.

, acupuncture has very good analgesic effect. It is also very effective for insomnia due to deficiency of *Yin*. But some *Yin* deficiency syndromes are not very well treated with acupuncture. For instance, Parkinson's disease due to *Yin* deficiency is not as easy to treat. The therapeutic effect is slow and the duration of treatment is long. We



have

Generally already introduced a method for treating Parkinson's disease, that is to needle *QianHui* 前会 (1010.05) and *HouHui* 后会 (1010.06), or *QiLi* 七里 (A.01) and *JiuLi* 九里 (上九里 88.26, 下九里 27), or *ShangSanHuang* (88.12, 13, 14) and *XiaSanHuang* (77.18, 19, 21) alternatively. Since Master Tung only used above acupuncture method to treat the disease without herbs, the therapeutic effect was slow. If scalp acupuncture or the four-gate points (*HeGu* and *TaiChong*) were added, the result would be better. Therefore, the best result could be obtained by using Tung's extraordinary points and the points of the fourteen meridians plus Chinese herbal medicines that can nourish *Yin* and dispel wind. To treat tremor due to wind, the best medicine is *LingYangJiao* (Cornu Antelopis). Many doctors have used it but now are mostly using *ShanYangJiao* (Goat Horn) instead. The formula for the disease is *TianMaGouTengYin* (Decoction of Rhizoma Gastrodiae and Ramulus Uncariae cum Uncis) or

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DingZhenWan (Pills for Calming Tremor). The commonly used medicines are *ShanYangJiao* (Goat Horn), *MuLi* (Concha Ostreae), *GuiBan* (Plastrum Testudinis) and *BieJia* (Carapax Tionycis). They are quite effective. There is a saying "use sedative drugs to dispel wind" in Chinese Medicine. All the above drugs have sedative function.

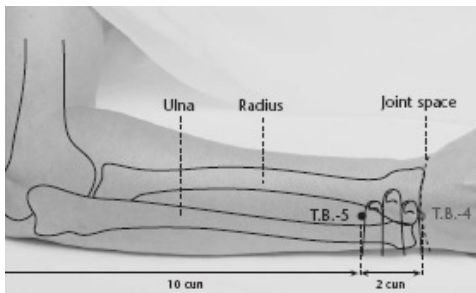
The patients of tetanus and convulsion are often treated with such moving drugs as *QuanXie* and *WuGong*. In treatment of arthritis, these drugs are also used to dispel wind. In severe case of pain, *QuanXie* and *WuGong* have an excellent analgesic action. They are therefore often added to the prescriptions in the treatment of severe trigeminal neuralgia, intercostals neuralgia, herpes zoster and sciatica. In the treatment of severe sciatica, *DuHuoJiShengTang* (Decoction of Radix Angelicae pubescentis and Ramulus Loranthi) is often modified with the two drugs, the best drugs for wind following the principle "treating the abnormality in movement with moving drugs."

The effect of acupuncture alone in the treatment of Parkinson's disease is slow. Further, the combination of acupuncture and herbal medicine has a better therapeutic effect.

Timely treatment is important in serious diseases. Take the injury of spinal nerved due to traffic accident as an example. The therapeutic effect is more remarkable when treatment is given within the first six months. If there is delay, the therapeutic effect will be slow and poor. Upper nerve damage is usually very difficult to treat. However, early treatment with the combination of both acupuncture and herbal medicine can still obtain certain therapeutic effect. No matter how serious the injury is, acupuncture can obtain therapeutic effect. While it can be difficult, the key is the early treatment.

Soreness of the hand 手酸

1. Needling *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) on the healthy side. 针侧三里，侧下三里。



Select *CeSanLi* and *CeXiaSanLi* on the healthy side to treat soreness and numbness of the hand. Further *WaiGuan* (SJ 5) of the fourteen meridians is also very effective because the *YangWei* meridian is connected with the five fingers. Generally, unilateral soreness of hand is treated by needling *WaiGuan* on the healthy side. If both hands are involved, the point is needled bilaterally; alternate the exercise of each hand during needle manipulation. Alternatively, needle the points on the more severe side because needling the point unilaterally will treat both sides. Needling *ShenGuan* on the healthy side is also very effective. If there is wrist joint

pain, needle *CeSanLi* on the healthy side plus *WanGu* (SI 4) on the healthy side and *HouXi* on the diseased as guiding point.

Tenosynovitis 腱鞘炎 (i.e. inflammation of a tendon sheath)

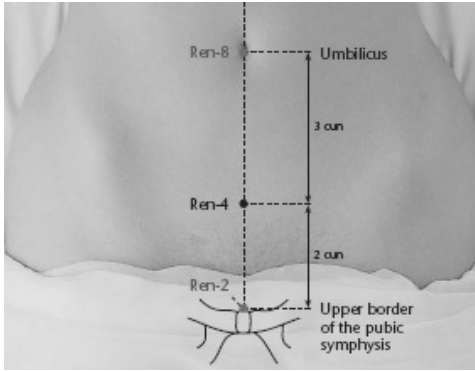
1. *WuHu 1* 五虎一 (11.27) is very effective. 五虎一特效。
2. *CeSanLi* (77.22) is effective.

Tenosynovitis at the radius often results from overuse leads to strain, giving rise to wrist pain. It is important to consider the types of work that cause this disease. Typical scenarios include writers and mothers who carry children in their arms for extended periods of time. A few years ago, I was affected with tenosynovitis due to overuse of my wrist and fingers while rushing to write a manuscript. The clinical manifestations included dysfunction of the fingers when moving with large amplitude, with pain of the thumb. Needling point *WuHu 1* on the opposite side is very effective. However, it can be more effective if a point on the diseased side is selected as a guiding point. Usually a few treatments will cure the disease. Tenosynovitis is often not easy to cure; however, with this method, one may obtain very good therapeutic results. During the treatment, the patient should avoid too much exercise of the wrist and fingers and take a good rest, especially when the patient has a bone spur. Periarthritis of the shoulder however, requires more exercise.

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Question: In the case of bone spur, what other patient centered methods should be used in addition to rest?

Control of the body weight is essential to the patient of bone spur, especially the bone spur of the knee joint and heel. Obesity can aggravate the pathology. However, acupuncture over time may assist the reduction of body weight. The best method to reduce body weight is slow eating. Nine in every ten obese patients eat meals fast. Nine in every ten thin people eat their meals slowly. Therefore, the first thing, I ask such patients to eat slowly to



eighty percent of his/her fill. If they avoid overeating and greasy food while controlling intake, they can lose weight. If herbal medicine is used in combination, the therapeutic effect will be improved.

Regarding the use of Chinese herbs for weight loss, there are two obesity types: excess and deficient. The deficiency type often has profuse sweating. In case of obesity of excess type, *FangFengTongShengSan* (Powder of Radix Ledebouriellae for Promoting Defecation) is often used. In case of obesity of deficiency type, *FangJiHuangQiTang* (Decoction of Radix Stephaniae Tetrandrae and Radix Astragali seu Hedysari) is often used. Most obese people have *Yang* deficiency, and for this reason, *HuangQi* is added. At the same time

some *Yin* tonics such as *ShuDi* (Radix Rehmanniae Praeparata) and *HeShouWu* (Radix Polygoni Multiflori) should be added to the prescription in order to reduce the appetite and balance *Yin* and *Yang*. Moreover, *HeYe* (Folium Nelumbinis) which ascends *Yang* will enhance the loss of weight. In acupuncture treatment of obesity, needling points of small intestine is the best because the chyliferous vessels of the small intestines are involved in the absorption of nutrition. Needling the *Yuan*-source point *WangGu* (SI 4) and front-*Mu* point *GuanYuan* (Ren 4) of the small intestine meridian plus *LiangQiu* (ST 34) and *GongSun* (SP 4) can be very effective.

I have successfully used this method to treat obesity in *Taipei*. In 1998, I went to Tibet for benefit treatment on Tibetan Plateau. It could be very hard for me to go with my body weight. For this reason, I lost over 10 kilograms in 3 months with the treatment I gave myself. When I was in Tibet, I worked on the plateau over 4,000 meters above sea level, and treated over 100 patients per day. With *ShengMaiSan* (Pulse-activating Powder) I took daily, I was not feeling tired at all. *ShengMaiSan* has very good function to strengthen the heart. Use of the powder at the area of high elevation can help strengthen the heart and supplement *Qi*.

Numbness of the middle finger 中指（趾）麻

1. *TongGuan* 通关 (88.01) and *TongShan* 通山 (88.02) are effective. 针通关、通山。
2. *NeiGuan* (PC 6) is very effective.



Pain of the finger joints 指关节痛

1. Needling *WuHu 1* 五虎一 (11.27) has special effect. 针五虎一特效。
2. Needling *RenShi* 人士 (33.13) is effective. 针人士。

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Pain of the wrist joint 腕关节痛

1. Needling *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) has special effect. 针侧三里，侧下三里特效。
2. Needling *WanShunYi* (22.09) and *WanShunEr* (22.08) is very effective.

Dysfunction of the shoulder in lifting arm 手臂不能举

1. Needling *ShenGuan* 肾关 (77.18) on the opposite side has special effect. 针肾关特效（对侧）。
2. Needling *SiHuaShang* (77.08) (either of the two sides) is effective.
3. Needling *SiHuaZhong* (77.09) of the diseased side is very effective. 针四花中亦特效（同侧）
4. Needling *ZuQianJin* 足千金 (77.24) and *ZuWuJin* 足五金 (77.25) has special effect. 针足千金，足五金效果亦佳。
5. Needling *HuaGuEr* (55.03) is effective. 花骨二穴。
6. Needling *QuLing* (33.16) with elimination technique is very effective.

Tung's extraordinary points are often more effective than the points of the fourteen meridians for shoulder dysfunctions with impaired lifting of the arm. The best point is *ShenGuan* on the healthy side, while *SiHuaShang* on the healthy side and *SiHuaZhong* of the diseased side are also effective. For difficulty touching the scapula with the hand, *ZuQianJin* or *ZuWuJin* on the healthy side may obtain therapeutic effect.

Please note that early treatment is ideal for good clinical outcomes. If the duration of the condition is more than three to four months, it can be very difficult and treatment will over a long period of time. However, in very late stages such as eight to nine months after the occurrence, the problem again becomes easier to treat. Treatment in the middle stage is the most difficult.

In periarthritis (*i.e. inflammation of the structures (as the muscles, tendons, and bursa of the shoulder) around a joint*) of the shoulder, the patient has difficulty raising the arm of the diseased side and touching the ear on the healthy side, neither can they push the arm backward; the pain often occurs unilaterally. It is more difficult to treat inability to push and raise the hand backward, which is known as "frozen shoulder". To treat such a case, bleed Tung's extraordinary point *QuLing* (33.16) which is the same as *ChiZe* (LU 5) of the fourteen meridians. Bleeding this point helps to loosen the tendons. This is because there is a major tendon beside point *ChiZe* which follows the principle "needle tendons to treat tendon disease." To reiterate, for severe periarthritis of the shoulder, best results are achieved with blood-letting around point *ChiZe*. In mild cases, *ShenGuan* is sufficient. Additionally, if there is difficulty raising the arm against the back, use *ZuQianJin* or *ZuWuJin*.

Use the *Shu*-stream point of the diseased meridian that passes through the area where the pain is located, and then add a guiding point to improve clinical outcomes. For example: when pain is located along the trajectory of the *YangMing* meridian, needle *SanJian*; if there is pain along the triple energizer (*SanJiao*) meridian, needle *ZhongZhu* (SJ 3); and if the pain is along the small intestine meridian, needle *HouXi*.

"Motor therapy" therapy will improve the therapeutic outcomes for periarthritis of the shoulder. Include the following motor therapeutic exercise:

- a) Standing and squatting exercise – With one hand holding a chair on the side, do standing and squatting movement;
- b) Circular exercise (clockwise and counter-clockwise) – With the diseased arm, draw a circle in clockwise and counter-clockwise direction;
- c) Climbing a wall – Put the palm against a wall and climb up with the fingers to the top and then slip down and then climb the wall again.

All these exercises are helpful to the treatment of frozen shoulder.

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Hand pain with difficulty holding an object 手痛不能握物

1. Needle *CeSanLi* 侧三里(77.22) and *CeXiaSanLi* 侧下三里 (77.23) on the opposite side. 针对侧侧三里、侧下三里。
2. Needle *ChongZi* 重子(22.01) and *ChongXian* 重仙(22.02). 重子、重仙。
3. Needle *ShenGuan* 肾关 (77.18).

Sprain of the shoulder joint 肩关节扭伤

1. Same treatment as that of difficulty in raising arm. 针法同手不能举。
2. Needle *JianZhong* (44.06)

Frozen shoulder 肩凝 (五十肩)

1. Same treatment as that of difficulty in raising arm. 针法同手臂不能举。
2. Needle *JianZhong* 肩中 (44.06) is also effective. 针肩中亦有效。

Shoulder pain 肩痛

1. Same as that of frozen shoulder. 针法同肩凝。
2. Needle *ShenGuan* 肾关 (77.18) and *JiuLi* 九里 (88.25, 26, 27) 肾关、九里。

When there is difficulty holding an object, *CeSanLi* and *CeXiaSanLi* on the healthy side are often selected. *ChongZi* and *ChongXian* are also effective. If *ShenGuan* is added, results are even better. All these points are very effective. The treatment of shoulder joint sprain is the same as that of periarthritis of the shoulder. *JianZhong* on the healthy side is also very effective for pain of the shoulder joint.

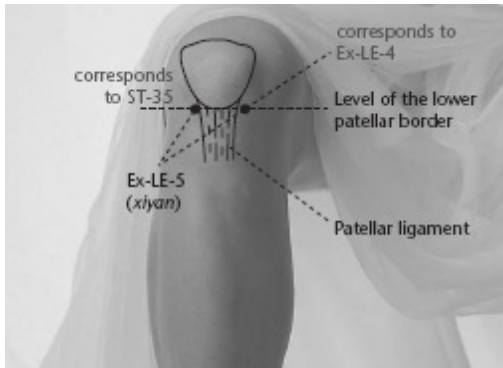
While acupuncture is very effective for periarthritis of the shoulder, the therapeutic effect is improved when Chinese herbal medicine is combined. The formula is *JuanBiTang* (Decoction for Treating Rheumatic or Rheumatoid Arthritis) or *HuangQiWuWuTang* (Decoction of Five Ingredients Including Radix Astragali seu Hedysari). If the left side is worse, add *DangGui* (Radix Angelicae Sinensis), and if the right side is worse, increase the dosage of *HuangQi*. This same principle should be followed in the application of *JuanBiTang* or *HuangQiGuiZhiWuWuTang*. Periarthritis of the shoulder usually occurs for patients around the age of 50. However, it may also occur at ages 40 or 60. One reason is that senior patients often have deficiency of the liver and kidney yin, which can lead to weakness of the tendons and bones. I therefore often add *LuHanCao* (Herba Pyrolae), or sometimes even *QinJiao* (Radix Gentianae Macrophyllae) and *SangZhi* (Ramulus Mori). *QinJiao* is very good for rheumatism of deficiency type and *SangZhi* is also a very good herb for treating arthralgia. In the treatment of periarthritis of the shoulder, I often add *QinJiao*, *SangZhi* and *LuHanCao* into *JuanBiTang*. The dosage of *ShaoYao* and *GanCao* may also be increased in order to capture the pain relieving function of *ShaoYaoGanCaoTang* (Decoction of Radix Paeoniae and Radix Glycyrrhizae). In summary, acupuncture combined with Chinese Herbal medicine is very effective in treatment of periarthritis of the shoulder.

A Study on Tung's Acupuncture

Pain of the acromion 肩峰痛 (发肿)

1. Select point *TongShen* 通肾 (88.09), *TongWei* 通胃 (88.10) and *TongBei* 通背 (88.11). 通肾、通胃、通背。
2. Select *JiuLi* 九里 (88.25, 26, 27) and *CeXiaSanLi* 侧下三里 (77.23) 九里、侧下三里。
3. Needling *ShenGuan* (77.18) is very effective.
4. *ChongZi* (22.10) and *ChongXian* (22.02) are also effective.

Pain of the upper arm 上臂痛



1. Needling *CeSanLi* 侧三里 (77.22) and *LiuWan* 六完 (66.08) of the healthy side are effective. 针对侧侧三里、六完有效。
2. Needling *ShenGuan* (77.18) is very effective.
3. Needling *XiYan* (Extra) is very effective.
4. 再在对侧上曲，用三棱针放血。
5. Bleeding *SiHuaZhong* 四花中 (77.09) is very effective. 左臂痛，在膝眼下针即愈，四花中放血亦效。
6. *QiLi* (A.01) and *JiuLi* (88.25, 26, 27) are very effective.

Now let's discuss the pain of the acromion and upper arm which is an area that is typically not difficult to cure. *ShenGuan* is the best point, while *JianZhong* or *YangLingQuan* on the healthy side may also be very effective. *QiLi* and *JiuLi* also treat shoulder pain effectively. For pain at the acromion, *ShenGuan* or *TongShen* and *TongWei* are effective. For pain of the shoulder, upper arm and clavicle, use *ShenGuan* and *ChongZi* since the indications for these two points are extensive. My preference is to select *ShenGuan* and *ZuSanLi* to treat acromial pain.

Question: What are your thoughts about treatment based upon syndrome differentiation and the use of specific methods?

Treatment according to syndrome differentiation is characteristic of Chinese medicine and is the preferred method for treating difficult to treat miscellaneous diseases. However, syndrome differentiation can be used as a shield to hide one's knowledge. I would like to make an argument for specific treatment. For example in frontal headache, the solution is usually to needle *YinLingQuan* or *HuoJu*. This is simple and clear. However, some teachers intentionally or unintentionally hide their practical knowledge. They will recommend the selection of points or herbal formula based upon syndrome differentiation after inspection, auscultation and olfaction, inquiry and palpation, even though they use specific points and herbal formulas. This practice can obscure the transmission of clinical experience. In fact, acupuncture, like herbal medicine, also has points with special therapeutic effect for some diseases. Such specific drugs or acupuncture formulas are obtained from decades of clinical experience.

There is a law of 20% and 80% that exists throughout society and enterprise. (Pareto principle) In terms of economy in social systems, 20% of the population own 80% of the wealth and 80% of the population owns 20% of the wealth. In the clinic, 20% of the diseases have affected 80% of the patients. In Chinese medicine, 20% of acupuncture points are used to treat 80% of diseases while 80% of the points are used to treat 20% of the diseases. The same is true for Chinese herbal formulas.

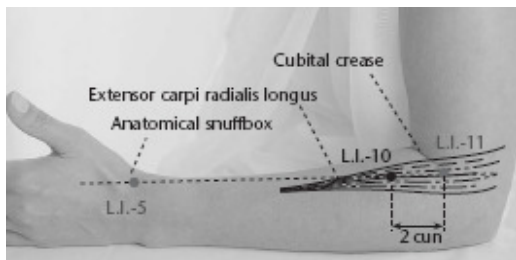
Take gastropathy for example. Gastric ulcer is a common disease that is differentiated into five syndromes, among which deficiency of spleen and stomach *Yang* is most commonly seen. According to my clinical experience and many clinical reports, the best and most effective formula for the condition is *HuangQiJianZhongTan* (Decoction of Radix Astragali seu Hedysari for Strengthening Spleen and Stomach). This formula is almost a 'specific' for treating gastro-duodenal ulcer. In other words, 80% of the patients with gastric ulcer have this syndrome and the other four syndromes only exist in 20% of the population. Thus the cure rate

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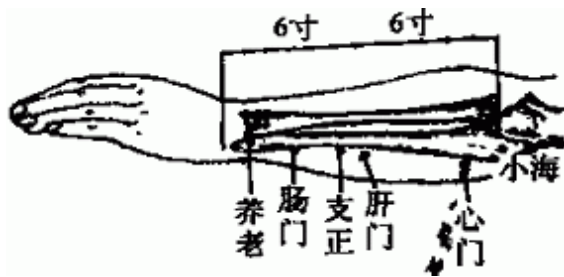
for *HuangQiJianZhongTang* when used to treat ulcer of the digestive tract is approximately 80% for the general population. The other 20% of patients are then treated according to syndrome differentiation, which takes time for inquiry regarding "cold and heat, sweating, head and body, chest, food-intake, bowel movement and urination, hearing function, drinking, old disease, and etiological factor...." With such methods, one can only treat a few patients in one day.

It is also possible to diagnose diseases according to the main symptom. It may save time but requires rich clinical experience and diagnostic skills. Not all the doctors can do it easily. If we use specific formulas for some diseases, at least 80% of the patients may have very good effect. Though correct treatment is the most important, there are some principles in Chinese medicine to follow: The first is correctness and the second is rapidness. That is to decide the points or herbal formula quickly with no hesitation. Facing many patients, we do not have time to waste. The third is flexibility. TCM treatment is a kind of art. We can never rigidly adhere to one point or one formula in treatment. In acupuncture, we have specific points in the fourteen meridians as well as extraordinary points, and specific formulas in Chinese classical herbal medicine as well as empirical formulas based upon clinical experience. If we understand all these, we can still manage treatment without certain drugs. If we have at least two groups of points in mind, we will not always needle the same points in treatment causing repeated injury to the local tissues. Instead, we will be able to let the points have rest. There is another possibility; if we always needle the same points without change, the patient may treat him or her self at home with the same points after several treatments. Will that achieve the therapeutic effect?

Elbow joint pain 肘关节痛



1. *LingGu* 灵骨 (22.05) has a special therapeutic effect. 针灵骨特效。
2. *HuoFuHai* 火腑海 (33.07) of the opposite side is very effective.
3. *ZhongJiuLi* 中九里 (88.25) is very effective. 中九里亦效。
4. *SiHuaZhong* 四花中 (77.07) also has special therapeutic effect. 四花中特效。



Elbow joint pain is often caused by overuse syndromes and is typically medial or lateral epicondylitis (*i.e. irritation or inflammation of the epicondyle or surrounding tissue*). In tennis elbow (lateral epicondylitis), the pain is often located on the *YangMing* meridian and we can needle *QuChi* and *ShouSanLi* (LI 10) on the healthy side. *QuChi* should be punctured with the needle close to the border of the bone, following the principle of "needle the bone for bone disease." Point *ShouSanLi* is located in both muscle and tendon tissues. *HuoFuHai* is located adjacent to *ShouSanLi* and also

provides access to needling the tendon and muscle layers. Therefore *QuChi* is punctured at the border of the bone, needling the bone to treat bone disease while *HuoFuHai* focuses on the tendon, treating those tissues. Further *LingGu* of the diseased side is selected as the guiding point for better result. Actually, point *LingGu* is both guiding and therapeutic point, increasing the effectiveness. In this way, few treatments can cure a case.

Golf elbow (medial epicondylitis) presents with pain on the ulnar aspect of the elbow, on the course of hand-*TaiYang* meridian. Needle *XinMen* 心门 (33.12) on the healthy side; it is 2 *Cun* or 3 fingers breadth away from the tip of the elbow. The point which is needled along the border of the bone was originally effectively used for spurring of the knee joint and coccygeal vertebrae. To treat golf elbow, we may needle *XinMen* (33.12) on the healthy side and *HouXi* or *WanShunYi* (22.08) on the diseased side as the guiding point. The therapeutic effect will be very good.

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Question: There is no reinforcing and reducing methods have been mentioned in Tung's Acupuncture book. What are the reinforcing and reducing techniques in the practice of Tung's acupuncture?

I also often used reinforcing and reducing methods in practice 30 years ago. Also, the detailed description of reinforcing and reducing techniques with either rotation of the needle or the direction along or against the course of meridian are addressed in my book *ZhenJiuJingWei* (The strategy of acupuncture). Tung's acupuncture has its own characteristic methods including: active *Qi* moving (*DongQi*) technique, point coupling (*DaoMa*) technique, and point guiding (*QianYin*) technique which I created; here, Tung's extraordinary points are combined with the points of the fourteen meridians. All these techniques are characterized by a two-way regulatory function that is generated by the use of distal points, *Qi* induction and *Qi* moving. The even method is sufficient when distal points are needled causing the reinforcing or reducing method to be generally unnecessary. Reinforcing and reducing methods are often used with the fourteen meridians because many local and *Ashi* points are selected. When the needles are inserted locally, the patient cannot move the diseased area, and fails to move *Qi*, thus reinforcing or reducing method is necessary. Thirty years ago in mainland China, there were many texts addressing reinforcing and reducing techniques. Recently, there is more attention on the selection of distal points; as a result, the reinforcing and reducing techniques are less frequently emphasized. However, I do continue to use the respiratory reinforcing and reducing method.

However, let's look more deeply into this question since deep studies have identified two circulatory systems of the meridians. Discrepancies regarding reinforcing and reducing techniques continue. An area of question is the reinforcing and reducing techniques continue. An area of question is the reinforcing and reducing methods that involve needling with or against the course of meridian. Chapter 10 of *LingShu* discusses the *Qi* of the five-*Shu* points running from the hands and feet to the heart, that is, from the distal aspect of the limbs to the heart. The *LingShu* also discusses *Qi* traveling from *ZhongFu* (LU 1) to *YunMen* (LU 2), *TaiYuan* (LU 9), *ChiZe* (LU 5), *YuJi* (LU 10) and finally to *ShaoShang* (LU 11). However, the first acupuncture book to appear after the *LingShu* is the *ZhenJiuJiaYiJing* (The Systematic Classic of Acupuncture and Moxibustion). It details the flow of the Lung meridian *Qi* in only one direction, from *ShaoShang* to *YuJi*, *TaiYuan*, *JingQu*, and finally to *ChiZe*. While these two books have disparate views, yet both affirm the movement of *Qi* from distal aspect towards the heart.

Chapter 10 of *LingShu* describes two different circulations of the 12 regular meridians; the concentric and the eccentric. The one that runs from hands and feet to the heart is concentric, and the one that runs from the chest to the hands and feet is eccentric. The identical description about the running directions in the two books are the three *Yang* meridians of hand which run from the hand to the head and heart, and the three *Yin* meridians of foot which run from the foot to the heart. The difference in the two books is that, in *LingShu*, the three *Yin* meridians of hand run from the chest to the hand, and the three *Yang* meridians of foot from the head to the foot; while in *ZhenJiuJiaYiJing*, they are all concentric. With so many contradictions regarding the direction of the meridians, how shall we perform reducing and reinforcing techniques by needling along and against the meridians? We can forget those that are contradictory, and follow those that are the same in the two books. However, my experience is that neither needling points along nor against the running directions nor needling with rotation is as effective as the active *Qi* moving method.

Until now, the method of reinforcing and reducing that has no argument is the one with lifting and thrusting. It states in Chapter 76 of *NanJing* (The Classic of Difficulties): "Take the *Qi* from the *Wei* system for tonification and *Ying* system for elimination." It means, in case of tonification, take the *Qi* in the *Wei* system and push the *Qi* inward; and in case of elimination, take it *Qi* in the *Ying* system and pull the *Qi* outward. The needling techniques *ShaoShaoHuo* consists of three thrusts and one lift and the emphasis is placed on thrust, whereas *TuoTianLiang* consists of one thrust and three lifts and the emphasis is placed on the lift, to pull *Qi* outward from the *Ying* system. *TuoTianLiang* has the therapeutic effect of elimination and *ShaoShanHuo* has the therapeutic effect of

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tonification. But, how do we use this technique in the clinic? Take for example, a common disease such as gout with increasing morbidity in recent years. Generally, there appears redness, swelling and pain of the great or middle toe in gout. Needling the third point of *WuHu* may quickly stop pain. However, the pain often reoccurs soon after treatment because the treatment doesn't target the underlying condition, which is the uric acid. To treat the underlying condition, it is necessary to lower the uric acid. Otherwise the disease continues to recur. While one treatment can stop pain, more treatments are needed to lower the uric acid. Once the uric acid is low, the patient will not have attacks for a long period of time.

I usually select the third point of *WuHu* plus *ZuSanLi* for gout. When needling *ZuSanLi*, insert the needle to a depth of 2 *Cun* and retain the needle for 10 minutes. Then, manipulate the needle with strong stimulation and lift the needle one-third of the insertion. Retain the needle for another 10 minutes and then manipulate the needle with strong stimulation and lift the needle for another one-third of the insertion. This method is known as "taking the *Qi* from the *Ying* system", which clears heat and reduces fire with good therapeutic effect for gout. The needle is retained for another 10 minutes and then manipulated with strong stimulation, and finally removed. In this way, the needle is first inserted directly to the layer of earth, then lifted to the layer of man; and finally to the heaven, and removed. One thrust and three lifts places the emphasis on lifting; this eliminates *Qi* from the *Ying* system so as to clear heat from the blood. When the needle is removed from *ZuSanLi*, needles in the point *WuHuSan*, the third point of *WuHu* can still be retained in the point for few more minutes, and at the same time ask the patient to exercise the painful area. The patient may feel much relieved or no pain at all after one such treatment.

Let's explore skin diseases as another example. Many texts recommend *QuChi* and *XueHai* (SP 10) or *SanYinJiao* (SP 6) for skin diseases. While these are commonly used points, the outcomes are often less than desired. Some texts recommend *QuChi* as the main point for the upper part of the body, and *XueHai* for the lower part of the body. The therapeutic effect of *XueHai*, *QuChi* or *FengShi*, are improved when using the eliminate *Qi* from the *Ying* system method. In man skin diseases, the skin becomes red and itches when there is heat in the blood. In this case, *QuChi* and *FengShi* can be needled to a depth of 2 *Cun*. Then the needle is lifted one-third of the depth with strong stimulation 10 minutes later. Repeat this 3 times before the needle is removed. This type of reducing method often causes itching to quickly subside. While I have introduced in detail the reinforcing and reducing method with lifting and thrusting manipulation, I believe that you will develop even better and more effective reinforcing and reducing method in your own clinical studies.

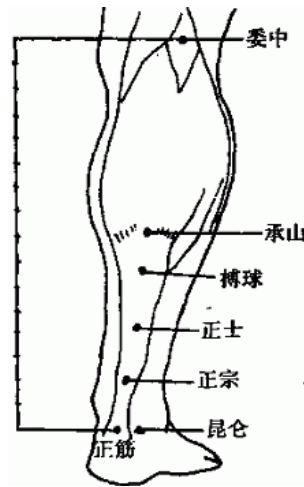
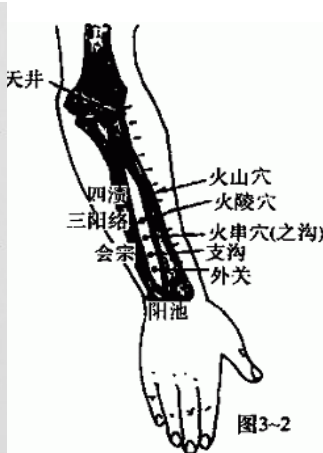
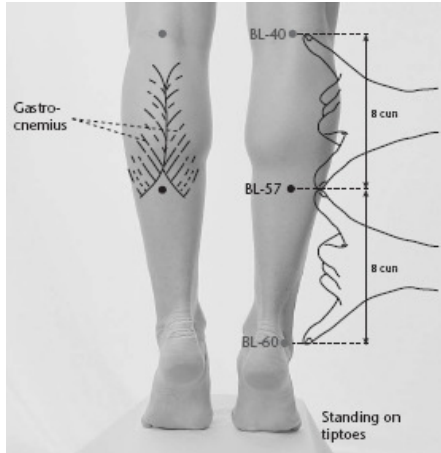
There is detailed description about reinforcing and reducing method in the book *ZhenJiuJingWei* I published 30 years ago. In recent years, I have been revising and compiling the book and it is completed. A new book *ZhenJiuBaoDian* (The treasure of Acupuncture and Moxibustion) is published in *Taiwan* and mainland China, and Korea soon. The content of the book will be much richer and more profound than *ZhenJiuJingWei*. The book *ZhenJiuJingWei* has been printed over 20 times with certain revision and served as the textbook of universities, the new book *ZhenJiuBaoDian* will become the textbook of the doctoral studies.

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Cramping of the hand and arm 手抽筋

1. Needle *HuoShan* 火山 (33.06) on the opposite side. 针对侧火山。

Now let's discuss cramping of the hand and arm. To treat this disease, we can needle point *HuoShan* on the opposite side first. Second, we can needle *QuLing* (33.16) which is *ChiZe* of the fourteen meridians and use the reducing method. It is also very good to needle *WaiGuan* on the healthy side. If applying correspondence method, we can also needle *BoQiu* 搏球 (77.04) or *ChengShan* (BL 57).



I would like to introduce the correspondence method in detail. I went to the largest bookstore in Korea today where I found books that introduce the correspondence needling method but without details. Here I'd like to introduce the method briefly. takes the umbilicus

There are several *Taiji*'s in the human body. The great *Taiji* as the core. The medium *Taiji* takes the knee and elbow as the core. And the minor *Taiji* takes the wrist and ankle as the core. All these form the basis of the correspondence method, which is a holographic model. Here, I will introduce the great *Taiji* and address the medium and minor *Taiji* later. A good command of *Taiji* correspondence will greatly help improve one's acupuncture skill, and can assist the selection of points without consideration of the meridians.

Since the *Song* dynasty, there have been 361 points in the fourteen meridians and the number has not been changed. Physicians have concentrated on the study of these points, greatly improving the level of acupuncture. Newer points discovered more recently have been taken as the extraordinary points. Many of Tung's extraordinary points are located on the fourteen meridians. We will use the points published by Master Tung for the first time in 1973 as the standard. There are many points that were added later, which are not recognized as Tung's extraordinary points. This prevents confusion in the system of Tung's extraordinary points. What we should do is to continue our profound studies of the original Tung's extraordinary points, making a more consummate use of his system.

I have mentioned previously that there are several groups of effective points for each disease, and that each group must have one principal point. Though *LingGu* and *DaBai* are often selected together, however, we try to use only one of these points. In this way, we can deepen our understanding to the property and therapeutic effects of each point. At present, doctors often select many points for various diseases, selecting 5-6 points for each disease. If we treat one patient suffering from several diseases, we will have to select a large number of points. For this reason, I am going to write a book in 2-3 years, which will be published by Great Star Press in Korea. In the book I will talk about treatment with one needle, known as one needle therapy. For each disease, only one point is selected. For example, select *QuChi* for hypertension. In the book, the mechanism and needling technique will be introduced in detail. *QuChi* is the *He-sea* point of the large intestine meridian which has ample *Qi* and blood, the point is therefore able to regulate *Qi* and blood. It is stated in *NeiJing*: "*He-sea* points are indicated for disorders of the *Fu* organs." Based upon this statement we use *He-sea* points for the *Fu* organs. In the book written by *TangZhongHai* of *Qing* dynasty, it is mentioned that the liver is connected with the large intestine. To treat liver disease, we dredge the large intestine. It also says in Chapter 72 of *SuWen*, "To reduce the wood (liver), needle the *He-sea* point of the hand-*YangMing* meridian." This is *QuChi*, the *He-sea* point of the

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large intestine meridian, which should be needled for hyperactivity of the liver *Qi*. This point is effective for hyperactivity of liver *Yang* and hypertension is mostly due to hyperactivity of liver *Yang*. It may help lower both systolic and diastolic hypertension. Further, *QuChi* is a very good point for vertigo. Chinese medicine holds that the liver is closely related to vertigo.

I'd like to take hiccup as another example. The most commonly used point for hiccup is *JianShi* (PC 5). It is the *Jing*-river point of pericardium meridian and pertains to metal according the theory of five elements. It is said in *NeiJing*: "In case of pathological changes of voice, select *Jing*-River point." *Jing*-river point is very effective point for abnormal change of the voice and hiccup is a type of abnormal voice. Then why do we have to select the *Jing*-river point of the pericardium meridian? It is because the pericardium is connected with the stomach through the extraordinary connections of the *ZangFu*. Hiccup is related to the stomach *Qi*. *JianShi* is the *Jing*-river point of the pericardium, which is connected with the stomach, and hiccup is a pathological change of the voice, this point is therefore effective for hiccup. If the condition is mild, it will be cured soon. If the condition is severe, it takes more treatments.

If all kinds of diseases are treated with selection of one point according to these principles, the therapeutic results will be more remarkable and bring the therapeutic function of the point into full play.

Tonic spasm of the hands 两手拘挛

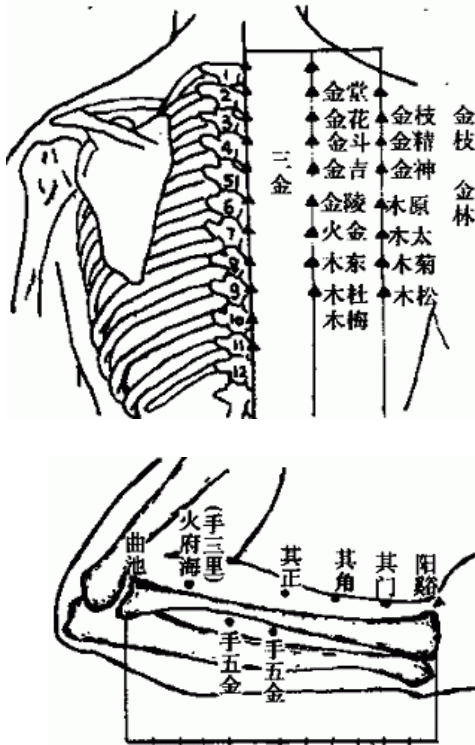
1. Needling *QuLing* 曲陵 (33.16) with reducing method, and needle *ShenGuan* 肾关 (77.18). 泻曲陵、针肾关。
2. Needle *ChongZi* (22.01) and *ChongXian* (22.02).

Tonic spasm of the hands relates to tendon problems. *QuLing*, which is the same as *ChiZe* is effective. It is the water point and the son point of the Lung meridian. Needling this point with strong stimulation will reduce metal, causing the metal to not overact on the wood, thus curing disease of the tendons. There is also a large tendon beside *ChiZe*; we needle this point just at the border of the tendon, following the principle of "needle tendon to treat tendon disease." Further, *YangLingQuan* is the influential point of tendons and it is also an effective point for spasm of hands. Other points that relax the tonic spasm of the hands include *ChongZi* and *ChongXian*. *ShenGuan* may also help for disorders of the palm, including tonic spasm of the hands.

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Diseases of the lower limbs 下肢疾病

Sciatica 坐骨神经痛



1. *LingGu* 灵骨 (22.05) and *DaBai* 大白 (22.04) have a special effect. 针灵骨、大白特效、
2. *BiYi* 鼻翼 (1010.22) has special effect. 针鼻翼亦特效。
3. Blood-let *JinLin* 金林 (DT.09) 金林点刺亦佳。
4. Bleed the blue vein at point *WeiZhong* 委中 (BL 40). 委中青筋点刺特效。

Sciatica is a common disease in modern society. When using the fourteen meridians, we need to understand the etiology and the diseased meridians. It often seems there are no specific points for the disease and local tender points are typically needed. However, in my experience, distal points of the fourteen meridians are also very good. The point coupling (*DaoMa*) technique is useful for both the fourteen meridian and the extraordinary points. The point coupling method employs two and occasionally three needles. For instance, in case of pain of the *TaiYang* meridian, select *WangGu* coupled with *HouXi*. If the pain goes along the *ShaoYang* meridian on the lateral side of the leg, select *WaiGuan* coupled with *ZhiGou*. In Master Tung's system of extraordinary points, sciatica is mainly treated with selection of *LingGu* coupled with *DaBai*. The two points are the most effective ones for the pain on either *TaiYang* or *ShaoYang* meridian, and possibly pain on the medial aspect of the thigh. There is no

comparison between the two points and the points of the fourteen meridians. After *LingGu* and *DaBai*, *BiYi* is another effective point. In Tung's acupuncture *ShouWuJin* 手五金 (33.08) and *ShouQianJin* 手千金 (33.09) are also effective for sciatica.

The points that I use to treat various kinds of sciatica include *LingGu* and *DaBai*. *WeiZhong* is bled to improve results when sciatica is caused by a bone spur. Blood-letting therapy has very good therapeutic effect for complicated compressive sciatica. Needling *LingGu* and *DaBai* is enough for simple sciatica and sometimes guiding point (*QianYin*) is selected in combination on the diseased side when the condition is severe. The method is to select the guiding point from the diseased channel after needling *LingGu* and *DaBai*, and 80%-90% of the patients are completely cured. For example, in treatment of pain along the *TaiYang* meridian, add point *SuGu* (UB 65) of the urinary bladder meridian of foot *TaiYang* as the guiding point. In case of sciatica with pain along the *ShaoYang* meridian, we can select *ZuLingQi* (GB 41) as the guiding point. If the pain is located at the groin on the medial aspect of the thigh along the path of the liver meridian, we can select *TaiChong* as the guiding point. If the pain is on the anterior aspect of the thigh where the stomach meridian of foot-*YangMing* travels, we can select *MenJin* (66.05) located on the stomach meridian as the guiding point. In summary, needling *LingGu* and *DaBai* in combination with a guiding point is most effective for sciatica. I have treated many patients of sciatica with this method. In the treatment, I mainly select *Shu*-stream point as the guiding point, because it is said in book *NanJing*: "*Shu*-stream point is indicated in heaviness and pain of the body and joints." All these *Shu*-stream points are specific points for pain syndromes, functioning together with *LingGu* and *DaBai* for the upper and lower of the body, and thus the good therapeutic effect.

Following are herbal prescriptions for sciatica. In TCM, Chinese herbal medicine and acupuncture have the same theoretical foundation. This is an example of using same treatment to address similar diseases. While *LingGu* and *DaBai* are specific for sciatica, and hemiplegia, *DuHuoJiShengTang* (Decoction of Radix Angelicae Pubescentis and Ramulus Loranthi) is also indicated in sciatica; it therefore must also be indicated in hemiplegia. Similarly, we use

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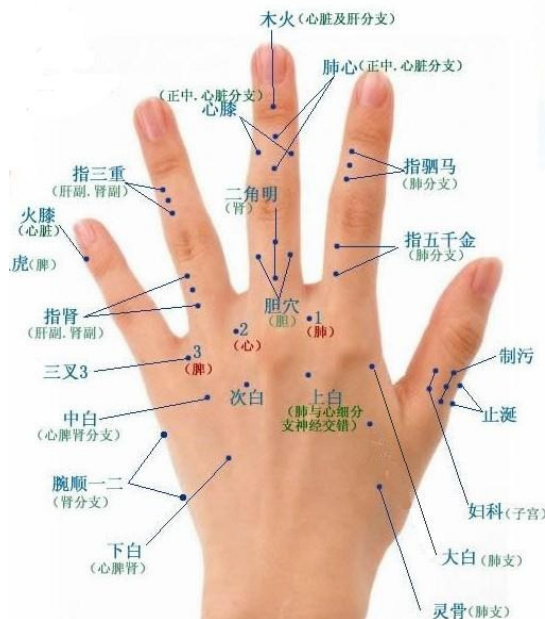
BuYangHuanWuTang to treat sciatica and hemiplegia, just like the above two points. TCM holds that to treat wind we need to treat blood first, because when the blood circulation goes back to normal, wind will disappear. Both of these formulas have the ingredients that treat blood. However, the herbs for regulating *Qi* are indispensable. In *BuYangHuanWuTang*, *HuangQi* has a large dosage, and in *DuHuoJiShengTang*, *RenShen* is applied. The reason is that blood circulation relies on propelling function of *Qi*.

When sciatica results from bone spur, the following acupuncture methods may obtain better therapeutic effect. Master Rung's first choice for treatment of bone spur of lumbar vertebrae was *MingHuang* (88.12). He secondly needled *SiHuaZhong* and *SiHuaXia*, along the border of the bone for enhanced effect. According to my own experience, there is a group of points that can be selected they include *RenZhong* (DU 26), *HouXi*, *SuGu* and *FengShi*. I previously mentioned this point set for numbness of the fingers. However, these points are also effective for sciatica and bone spurring of the lumbar vertebrae and the cervical vertebrae. If blood-letting is applied to *WeiZhong*, the therapeutic effect will be even faster. The blood-letting therapy is given once every week or every 10 days.

Pain in thigh 大腿痛

1. Needle *SanChaSan* 三叉三 (A.04) for a special effect. 针叉三特效。
2. Bleed point *JinLin* 金林 (DT.09). 金林点刺亦特效。
3. Needle *QiLi* 七里 (A.01) and *JiuLi* 九里 (88.25, 26, 27). 七里、九里。

SanChaSan is the most effective and frequently used point for the treatment of thigh pain. The point is especially good when the thigh pain is due to fatigue since it alleviates soreness and pain but also eliminate fatigue after a long walk. Additionally, *BiYi* is effective for fatigue and *JiuLi* is effective for pain of the thigh.



Cramping of foot 脚抽筋

1. Needling *ZhengJin* 正筋 (77.01) is effective. 针正筋
2. Needle *CiBai* 次白 (A.06). 针次白
3. Needle *GanMen* (33.11)

In treatment of cramping of the foot, we can needle *ZhengJin* according to the principle of "needle the tendon to treat tendon diseases." The second point is *CiBai* and *GanMen* is effective as well. *CiBai* is located 0.5 *Cun* distal to the junction of the third and fourth metacarpal bones, and levels with point *ZhongBai* (22.06). It is a very good point for cramping as well as distension, pain and soreness of the leg. *GanMen* is located on the hand-*TaiYang* meridian on the forearm, corresponding to point *ChengShan* (BL 57) of the foot-*TaiYang* meridian. It is also

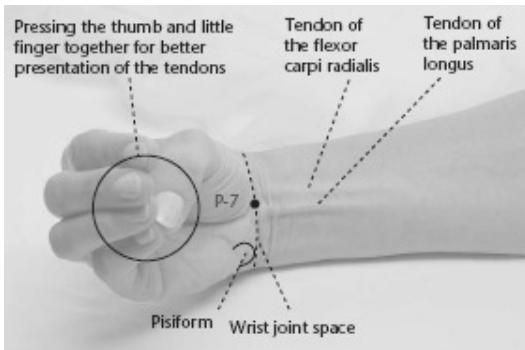
effective for cramping of the leg. In the points of the fourteen meridians, we often select *ChengShan* on the healthy side to treat cramping of the leg.

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Heel Pain 足跟痛

1. Needling *LingGu* (22.05) is very effective.
2. Needle the five points of *WuHu* 五虎 (11.27). 针五虎五。
3. Bleeding *WeiZhong* 委中 (BL 40) has special therapeutic effect. 委中青筋点刺特效。

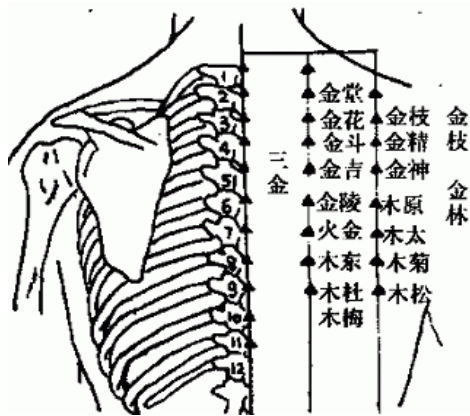
There are 10-20 specific points for heel pain, including the points of the fourteen meridians. Selecting only a few of them would be sufficient. In Tung's acupuncture, the most frequently used points are *LingGu* and *WuHu*, with the most commonly used point of the fourteen meridians being *DaLing* (PC 7). There is another effective point, *JiaoGengXue* that is 0.5 *Cun* anterior to *DaLing* for heel pain. The point most frequently used by Master Tung is *LingGu*. According to holographic theory, it is located at proximal end of the second metacarpal bone; this corresponds with the leg and heel, and is therefore effective for heel pain. Heel pain



often results from kidney deficiency or bone spur. To treat bone spur, we use the principles, "treat the bone for bone disease" and "treat the bone for kidney disease." Here, we needle point *LingGu* along the border of the bone.

BaiHui (Du 20) and *HouHui* (1010.06) may also be needed for heel pain. This method is based on the correspondence between the vertex and the sole. I often select *LingGu* and find it very effective. Further, *SuGu* as a guiding point (*QianYin*) is also effective. It is the *Shu*-stream point of the urinary bladder meridian, needling this point along the border of the bone also employs the principle, "needle the bone to treat bone disease."

Heel pain pertains to pathological changes in the kidney and bladder meridians. Moreover, heel pain can also be cured by needling *SiHuaZhong* and *SiHuaXia* along the border of the bone. In herbal medicine, modified *LiuWeiDiHuangWan* may be used with large dosage of *DiHuang* 30 grams plus *NiuXi* (Radix Achyranthis Bidentate) and *WeiLingXian* (Radix Clematidis).



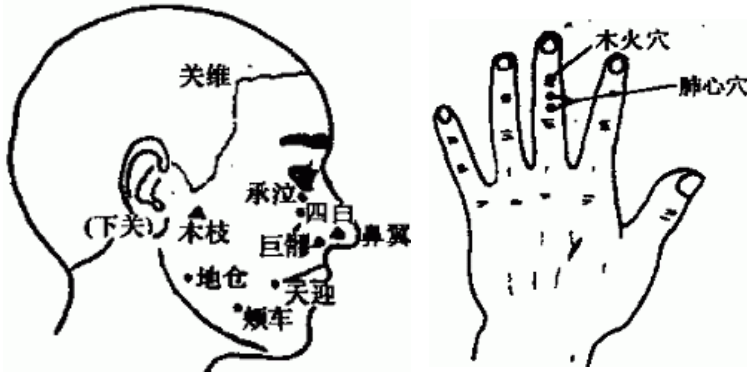
Soreness of foot with difficulty walking 足酸难行

1. Needle *CiBai* 次白 (A.06) or bleed the blue vein at point *WeiZhong* 委中 (BL 40). 针次白或委中青筋上放血。
2. Bleed *JingZhi* 精枝 (DT.08)

Soreness of the foot with difficulty walking results from pathological changes of the leg. *CiBai* has a special therapeutic effect for this. It is also good to bleed *JingZhi* on the back. We can also bleed the blue vein at *WeiZhong* for leg pain. It is similar to bleeding *ChiZe* for the arm pain. It treats pain of both the thigh and leg, but the thigh in particular. In case of soreness and pain of the thigh only, needling *SanChaSan* is very effective. In severe case, bleed point *JinLin*. In case of soreness of both the thigh and leg, needle both *SanChaSan* and *CiBai*. Bleeding *WeiZhong* is given only when the pathological condition is severe.

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Weakness of legs 腿软无力 (兼心跳)



1. *JianZhong* 肩中 (44.06) and *TongTian* 通天 (88.03) have a special effect. 针肩中、通天特效。
2. *MuZhi* 木枝 (1010.18) also has a good therapeutic effect. 针木枝亦佳。
3. *ShuiJin* (1010.20) or *ShuiTong* (1010.19) are also effective.

JianZhong and *TongTian* are very good for weakness of the legs. *MuZhi* is also very good. Needling *ShuiJin* and *ShuiTong* may tonify the lung and kidney effectively. In case of hemiplegia,

needle *MuHuo* 木火 (11.10) for a good therapeutic effect. Further, *MuZhi* is effective for weakness of legs of senior patients.

Numbness of legs 脚麻

1. Needle *SiMa* 驷马 (88.17, 18, 19) 外驷马。
2. Needle *JianZhong* 肩中 (44.06) 再针对侧肩中。

Needling *SiMa* for numbness of the legs is effective. Besides, *JianZhong* on the healthy side can also be selected. *ShenGuan* is also effective. In severe case, bleed *ShuangFeng* (DT.05). Bleeding this point may treat numbness of the hands and feet. If needling *XiaSanHuang* (77.18, 19, 21) is added on the leg, the therapeutic effect is better.

Numbness of toes 趾麻

1. Needle *XiaSanHuang* 下三皇 (77.18, 19, 21). 针下三皇。
2. Needle *WuHuSan*, the third point of *WuHu* (11.27).
3. Bleed *ShuangFeng* (DT.05).

In the treatment of numbness of foot, we may needle *XiaSanHuang*, or needle *RenHuang* (77.21) and *DiHuang* (77.19) first and then needle *ShenGuan* (77.18). *ShenGuan* is an important and effective point. Besides, the third point of *WuHu* is also effective. In severe case, bleed *ShuangFeng*. If the numbness of toes is resulted from bone spur of spinal vertebrae, treat the bone spur.

Cold pain of legs 腿冷痛



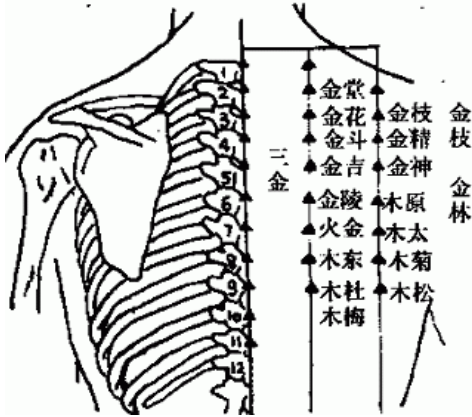
1. Needle *MuHuo* (11.10)
2. Needle *JianZhong* (44.06) and *JiuLi* (88.25, 26, 27)
3. Bleed *ShuangFeng* 双凤 (DT. 05). 双凤穴点刺出血。
4. Needle *TongTian* 通天 (88.03) and *TongWei* 通胃 (88.10). 再针通天，通胃。

Cold pain of legs is more common in senior persons. Point *MuHuo* has very good therapeutic effect for the disease. Everybody knows how to use this point. Someone has compiled a book titled "Tung's extraordinary acupuncture therapy", in which it is said *MuHuo* has four points: *MuHuo1*, *MuHuo2*, *MuHuo3* and *MuHuo4*. It is stated that only *MuHuo2* is most effective. Actually,

MuHuo2 is the real point *MuHuo* (11.10). In the same book, point *FuYuan* 复原 (11.22) is subdivided into *FuYuan1*, *FuYuan2* and *FuYuan3*, and point *FuKe* (11.24) into *FuKe1*, *FuKe2* and *FuKe3*. However, only one or two of them are used in practice. It is just like drawing a snake and adding feet to it, giving more confusion to practitioners. The Tung's extraordinary are always simple and clear.

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Cold pain of knees 膝盖冷痛



1. Needle *TongTian* 通天 (88.03) and *TongShan* 通山 (88.02). 针单侧通天、通山。
2. Needle *JianZhong* 肩中 (44.06).
3. Bleeding *SanJin* 三金 (DT.07) is very effective.

Cold pain of knees often occurs in winter, and *MuHuo* is very effective. *JianZhong* is also very good. *TongShan* and *TongTian* are also effective. Point *NeiGuan* of the fourteen meridians is also very effective. For knee joint pain including bone spur, chronic condition in particular, bleeding *SanJin* is the best and has radical effect.

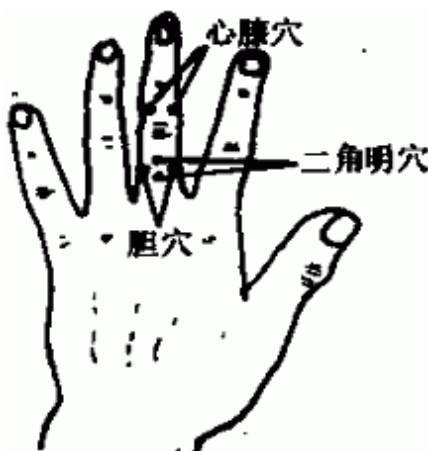
Knees joint pain 膝盖痛

1. Needling *JianZhong* (44.06) has special effect. 针肩中有特效。
2. Bleeding *SanJin* 三金 (DT.07) has special effect for chronic knee joint pain. 三金穴点刺对久年膝痛尤有特效。
3. Needle *ZhongJian* 中间 (11.05). 中间亦有效。
4. Needle point *Dan* 胆 (11.13). 胆穴。
5. Needle *XinMen* 心门 (33.12). 心门。
6. Needle *MuHuo* (11.10).
7. Needle *SiHuaZhong* (77.09) and *SiHuaXia* (77.11) along the border of the bone.

There are many effective points for knee joint pain. According to my experience, point *NeiGuan* of the fourteen meridians is the best point. It is because there exist the extraordinary connection between the pericardium and the stomach. Via *ZuSanLi* (ST 36), the stomach meridian is closely connected with the knee joint. *NeiGuan* is the *Luo*-connecting point of the pericardium and is located between two tendons; it is very effective to treat spasm, pain and dysfunction of the knee joint in flexion and extension, since needling tendon can treat tendon disease. In Tung's acupuncture, *JianZhong* is a very good point for knee joint pain. Master Tung also often selected *Dan* and *ZhongJian* to treat knee joint pain. Besides, *ChongZi* (22.01) and *ChongXian* (22.02) are also indicated in knee joint pain.

The most effective point for knee joint pain introduced in the ancient medical songs such as *ZhouHouGe* (Song to Keep Up your Sleeve) and *XiHongFu* (Ode of XiHong) is *TaiChong*. *TongXuanFu* (Ode of the Essentials of Understanding) and *ShengYuGe* (Song More Precious than Jade) consider that this point can treat difficulty in walking. Besides point *XingJian* (LR 2) located anterior to *TaiChong* is also another important point for swelling and pain of knee joints (see *ZaBingXue FaGe* [Song of Points for Miscellaneous Diseases], *TongXuanZhiYaoFu* [Ode of Essentials of Understanding] and *ShengYuGe*). Personally, I

often select *NeiGuan* of the healthy side combined with *TaiChong* of the diseased side to treat knee joint pain, and have obtained very immediate effect. Both of the two points are therapeutic points. However, *TaiChong* on the diseased side serves as the guiding point as well. In selection of guiding points, the most commonly used are *Ying*-spring points and *Shu*-stream points, and the latter in particular, because "*Shu*-stream points are indicated in heaviness and pain of the body and joints." Better result can be obtained if *TaiChong* is selected in combination

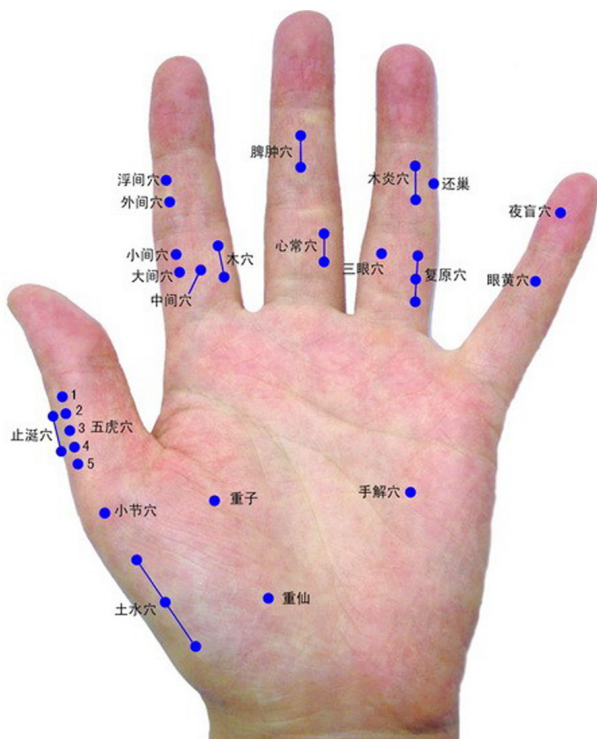


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with *NeiGuan*, one in the upper, and one in the lower, working together to regulate *Qi*, thus complement each other. In recent years, we have select *XinMen* on the diseased side as the therapeutic point for knee joint pain; especially that caused by arthritis due to bone spur. In the treatment, *TaiChong* of the diseased side is taken as the guiding point to make the therapeutic effect better and faster. Knee joint is very liable to have bone spur and the knee joint pain in many cases is caused by spur. In this case, when the above method is combined with needling *SiHuaZhong* and *SiHuaXia* along the border of the bone, the therapeutic effect could be even better. We can also needle *XinMen* and *TaiChong*, and then bleed *SanJin* once a week to speed up the cure.

I have been to many Korean restaurants here this time and some of them are very large. According to the local habit, everybody has to squat and sits down for meal and it is quite difficult for the patients with knee joint pain. The above method can help such patients with filiform needling only. If blood-letting therapy is added, the effect will be even better.

Ankle sprain 踝扭伤



1. Needling *XiaoJie* 小节 (A.05) has special effect. 针小节尤其特效。
2. Needle the fourth point of *WuHu* 五虎 (11.27). 针五虎四。
3. Bleeding *WeiZhong* 委中 (BL 40) has special effect. 委中点刺出血特效。

Now let's discuss ankle sprain. If you don't know the point *XiaoJie*, you can needle the fourth point of *WuHu*. *XiaoJie* is located on the radial side of the first metacarpal bone, at the junction of the white and dark skin (on the course of the lung meridian of hand-*TaiYin*). To needle this point is with a fist in the direction towards *ChongXian* or *DaLing*. This point is very effective for ankle sprain of either medial or lateral side. Many athletes are liable to get ankle sprain. I have used this point to treat many of them, including basketball player, tennis player and gymnastic athletes successfully. If there is no redness and swelling, one treatment can cure the patient completely or at 70-80%. If there is redness and swelling, it has immediate analgesic effect. In addition, we can grind red beans into powder that is mixed with egg white and then apply the paste on the local area. It can help eliminate

swelling quickly. Or use the three-edged needle to bleed *SiHuaWai* (77.14) first to subside swelling and then needle point *XiaoJie*.

Foot pain 脚痛不能履地

1. Needle *JiuLi* 九里 (88.25, 26, 27) 针对侧九里，下针即愈
2. Needle the third and fourth point of *WuHu* (11.27)

Here the foot pain mainly refers to the pain of the sole and dorsum of the foot. To treat such foot pain, we can needle *JiuLi* on the opposite side. The point *JiuLi* corresponds to *FengShi*. It is also effective to needle the third point of *WuHu*. In case of leg pain, needling *JiuLi* is effective. Besides, *CiBai* (A.06) is also effective.

Distending pain of legs (soreness and pain) 小腿胀痛 (酸痛)

1. Needling *CiBai* 次白 (A.06) has extremely good effect. 针次白特效。
2. Needle *JianZhong* 肩中 (44.06). 针肩中亦佳。

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3. Bleeding *JingZhi* 精枝 (DT.08) is extremely good. 精枝放血尤佳。

To treat distending pain or soreness and pain of the leg, we can needle *CiBai* on the opposite side. It is also effective to needle *JianZhong* on the diseased side. In severe case, we can bleed *JingZhi* on the back.

Soreness and pain of thigh 两腿酸



1. Needling *SanChaSan* (A.04) is effective.
2. Needle *JianZhong* (44.06).
3. Needle *QiLi* 七里 (A.01) and *JiuLi* 九里 (88.25, 26, 27). 对侧之七里、九里。
4. Needle *ShuiTong* 水通 (1010.19) and *ShuiJin* 水金 (1010.20). 水通、水金。
5. Bleeding the area around *BeiMian* 背面 (44.07) is very effective. 刺背面穴出血即愈。
6. Bleeding *JinLin* (DT .09).

To treat soreness and pain of thigh, *SanChaSan* may obtain the best result. It is also very effective to needle *QiLi* and *JiuLi* on the opposite side. *ShuiTong* and

ShuiJin are also effective points. Besides, it is also good to give blood-letting around point *BeiMian* or to *JinLin* when the condition is severe.

Pain of toes 脚趾痛

1. Needle the third point of *WuHu* 五虎(11.27) 五虎三

Generally, it is quite effective to needle the third point of *WuHu* for simple pain of toes, including sprain, contusion and rheumatism. If it is caused by gout, *WuHu* on the opposite side is effective. However, the pain may come back after treatment due to uric acid. To avoid this, it is advisable to needle *ZuSanLi* on the diseased side simultaneously, strengthening the earth to restrict the wood so as to speed the excretion of uric acid. The method of eliminating *Ying* (nutrient) system should be adopted when needling *ZuSanLi*. That is to insert the needle directly to the earth with the depth of 2 *Cun*. Then lift the needle 0.5-0.7 *Cun* once every 10 minutes. Remove the needle after 30 minutes retention. It is an effective therapeutic method for gout, because TCM considers there is heat in the blood due to local redness and swelling. It is stated in *NanJing*: Take *Qi* from the *Ying* system for elimination. This method is applied to eliminate heat from the blood. (For tonification, we have to push *Qi* inward, that is to push *Qi* inward from the *Wei* "defensive" system; for elimination, we have to eliminate *Qi* from inside by lifting the needle.)

I think there must be many patients of gout in Korea. Why? Because there is a lot of sea food here. I don't know whether Korean people eat internal organs of animals. But I do know Korean people drink a lot. So there must be a lot of gout patients. In herbal medicine, the formula *DangGuiNianTongTang* (Decoction of Radix Angelicae Sinensis for Pain Relief) is very effective for gout. In my early years, I often used this formula. In recent years, I often use *ShaoYaoGanCaoTang* (Decoction of Radix Paeoniae and Radix Glycyrrhizae) combined with *SiMaoSan* (Powder of Four Wonderful Drugs). Though the ingredients are less, it is still very effective for acute attack of gout. After acute attack, we need to strengthen the underlying condition (*Ben*) for which I often use *SiMiaoSan* combined with *SiLingSan* (Powder of Four Diuretic Drugs) with modification to reduce uric acid. The only difference between *SiLingSan* and *WuLingSan* (Powder of Five Drugs Including Poria) is the use of *GuiZhi* (Ramulus Cinnamomi). The two formulas combined together are very effective for decrease of uric acid and prevention of gout attack. During my lectures for *ShangHai* Association of Traditional Chinese Medicine and *ShangHai* Association of Acupuncture and Moxibustion in 1992, I was asked what gout was and how it was treated. The question shows that there were few cases of gout at that time. Many people had never heard of it. After many years passed, this disease has developed very fast in mainland China. When I visited *ShangHai* again in 1999, many doctors there had already treated many case of gout. I think there must be many patients of gout here in Korea after so many years of development. The method I have introduced for treating gout is quite

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effective. In acupuncture treatment, needle the third point of *WuHu* and *ZuSanLi*. During acute attack, take *ShaoYaoGanCaoTang* combined with *SiMiaoSan* or *DangGuiNianTongTang*.

Question: How is twitching of the lower eyelid treated with acupuncture?

I have talked about this before. Here I'd like to talk about it again more in details. Twitching of the lower eyelid pertains to facial spasm. The points that I select most frequently are *SanJian* of the large intestine meridian and *HouXi* of the small intestine meridian, because the distribution of the two meridians are closely related to the face. The small intestine meridian arrives at the outer and inner canthus, and needling *HouXi* is therefore effective. According to the five elements, *HouXi* pertains to wood and tremor or twitching is related to liver wind, thus the point has the function to dispel wind, and is therefore effective for the wind symptom of the small intestine meridian. Besides, it is the *Shu*-stream point of the small intestine meridian and the *Shu*-stream point is indicated in heaviness and pain of the body and joints, it is therefore effective for pain on the distribution of the small intestine meridian such as trigeminal neuralgia. Why *SanJian* is selected? The location of point *SanJian* is close to *DaBai*. According to the theory of holography, it corresponds to head and face. Moreover, it pertains to wood according to the theory of five elements, and is therefore indicated in liver wind. Thus it is effective treating twitching of the face due to wind, and trigeminal neuralgia as well. In addition to the above two points, *TaiChong* of the liver meridian is also effective. It is a point of the liver meridian and liver dominates wind, the point is therefore effective to dispel wind. The liver meridian "enters the head at vertex and connects with the eye system. Its branch travels downward from the eye, passes the cheek and winds around inside the lips". The liver meridian is closely connected with the eye and periocular tissues.

The most frequently used points by Master Tung are *CeSanLi* and *CeXiaSanLi*. The two points are located between the *ShaoYang* and *YangMing* meridians, and are therefore indicated in disorders of the two meridians, or wind disease of *YangMing* meridian. Both *ShaoYang* and *JueYin* meridians dominate wind, and the two points are therefore effective. It is also advisable to needle *DaBai* and *HouXi* together with the above two points to strengthen the therapeutic effect from both the upper part and lower part of the body. In this way, we needle few points and obtain better result. In herbal medicine, I personally often use *ShaoYaoGanCaoTang* combined with *ZhiJingSan* (Powder for Eliminating Spasm). The prescription is very effective and can sometimes be modified with *JiangCan* (*Bombyx Batryticatus*) and *GouTeng* (*Ramulus Uncariae cum Uncis*) for sedation and dispelling wind. Some doctors use *ZhenGanXiFengTang* (Decoction for Dispelling Liver Wind) combined with *QianZhengSan* (Powder for Correcting Deviation of the Face) which is also effective. *JiangCan* and *GouTeng* have the sedative and wind-dispelling function. According to my own many years experience, *ShaoYaoGanCaoTang* combined with *ZhiJingSan* plus *JiangCan* and *GouTeng* is very effective. If the pathological condition is more severe, add in *ZhiMu* (*Rhizoma Anemarrhenae*) and *GeGen* (*Radix Puerariae*). *ZhiMu* has strong sedative function and *GeGen* can stop spasm. It is mentioned in *JinKuiYaoLue* that *GeGenTang* (Decoction of *Radix Puerariae*) is used for spasmodic diseases, and it is therefore indicated in cramping. Besides, to treat wind, we should treat the blood. Though *ShaoYao* (*Radix Paeoniae*) and *GanCao* (*Radix Glycyrrhizae*) have the function to mediate the blood, the therapeutic effect would be even better if *DanShen* (*Radix Salviae Miltiorrhizae*) is added in. It has the similar function of activating blood and dispersing blood stasis as *SiWuTang* (Decoction of Four Ingredients). In general, the method of using herbs for the disease doesn't go beyond the above principle. There is one thing that you have to pay attention to. For this disease, it is not advisable to puncture local points nor use electric stimulation, or the condition may get worse.

Question: What are the points for lowering blood sugar in Tung's Acupuncture?

Pathologically, diabetes is mostly resulted from deficiency of the spleen and kidney, and in some cases deficiency of the lung *Yin* as well. Treatment is therefore focused on strengthening the spleen *Qi* and nourishing the *Yin* of

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the lung and kidney. In Tung's acupuncture, point *XiaSanHuang* is therefore often selected because it can strengthen the spleen and kidney. When it tonifies the spleen, it strengthens the lung simultaneously. So the point is often used to treat diabetes. In application of points of the fourteen meridians, many doctors often select *YangChi* (SJ 4). Japanese acupuncturists also like to select this point. It is the *Yuan*-source point of the triple energizer meridian and has the function to strengthen the kidney and tonify *YuanQi* (source *Qi*) so as to lower blood sugar. Some doctors have selected *ChengJiang* (Ren 24) because it is the meeting point of *Ren* meridian and *YangMing* meridians of hand and foot and has the function to regulate *Qi* and blood. If the above two points are selected in combination with *XiaSanHuang*, it would be even better. A good herbal prescription for diabetes must have the function to supplement *Qi* and nourish *Yin*. Personally I often use *ShenQiMaiWeiDiHuangTang* (Decoction of Radix Codonopsis Pilosulae, Radix Astragali seu Hedysari, Radix Ophiopogonis, Fructus Schisandrae and Radix Rehmanniae). *DanShen* (Radix Codonopsis Pilosulae) and *HuangQi* are used with large dosage up to 30 grams. Moreover, the use of *MaiDong* (Radix Ophiopogonis) and *WuWeiZi* (Fructus Schisandrae) also implies the function of the formula *ShengMaiSan* (Pulse activating Powder). When *XuanShen* (Radix Scrophulariae) is added in, it works together with *MaiDong* and *ShengDiHuang*, forming another formula *ZengYiTang* (Decoction for Increasing Body Fluid), which is often used for deficiency of body fluid and thirst in warm and febrile diseases.

In case of severe thirst, we can increase the dosage of *ZhiMu* and *TianHuaFen* (Radix Trichosathis). Why we know it is stated in *ShangHanLun* that, in use of *XiaoChaiHuTang*, *TianHuaFen* is added in after *BanXia* (Rhizoma Pinelliae) removed when there appears thirst; and in use of *BaiHuTang* (Decoction of White Tiger), *ZhiMu* is added in when there is severe thirst. Therefore, the two herbs have the best therapeutic result for lowering blood sugar in case of diabetes. In chronic diabetes, there must be blood stasis, for which *DanShen* should be added in to move the blood and disperse blood stasis.

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Diseases of chest and abdomen 胸腹病

Pain of the lateral side of the chest and abdomen 胸腹侧痛（压痛）

1. Needle *SiMa* 驷马 (88.17, 18, 19) with point coupling technique. 针驷马穴，倒马针法。

Pleuritis 胸膜炎

1. Bleeding *SiHuaZhong* 四花中 (77.09) first and then needle *SiMa* 驷马 (88.17, 18, 19). 四花中点刺，再针驷马穴。

Lateral lower abdominal pain 小腹侧痛

1. Needle *SiMa* 驷马 (88.17, 18, 19), *TongTian* 通天 (88.03) and *TongWei* 通胃 (88.10). 针驷马、通天、通胃。
2. Needle *MenJin* (66.05) and *HuoJu* (66.11)

Pleurisy (intercostals neuralgia) 肋膜炎（肋间神经痛）

Pleurisy - inflammation of the pleura, characterized by pain that is aggravated by deep breathing or coughing

Pleura - the thin transparent serous membrane enveloping the lungs and lining the walls of the thoracic cavity

Neuralgia - sharp and paroxysmal pain along the course of a nerve.

1. Needle *SiMa* 驷马 (88.17, 18, 19) 针驷马
2. Bleeding *SiHuaZhong* (77.09).

Many points are indicated in chest pain. *TongGuan* and *TongShan* are good points for pain in the middle of the chest. *NeiGuan* is also good. The pain on the side of the chest is mostly related to the lung, and point *SiMa* is very good. Generally, *NeiGuan* of the fourteen meridians is the best point for the pain from the abdomen to the chest. There is a saying in TCM: "Select *NeiGuan* for the chest." So is *SiMa*. It also works effectively for the chest and abdomen, more for pathological changes of the chest and less for those of the abdomen. There are many points in the fourteen meridians that are indicated in diseases of the chest. In addition to *NeiGuan* often used for chest pain, the pain in the middle of the chest in particular, *ZuSanLi* and *GongSun* are also effective for chest pain.

In treatment of pain on the lateral side of the chest, clavicular area and around the breast, *LiangQiu* of the stomach meridian is the best. The extraordinary point *MenJin* is also very effective, since the stomach meridian passes through the clavicular and breast area. It has been mentioned that *SiMa* is very effective for intercostals neuralgia. However, *YangLingQuan* and *ZhiGou* could be even better. *YangLingQuan* is indicated more in costal pain and *ZhiGou* more in pain of the costal cartilage. In case of hypochondriac pain, select both of them for better effect. It is mentioned in some ancient classics that either *YangLingQuan* (*TongXuanFu* and *ZaBingXueFaGe*) or *ZhiGou* (*BiaoYouFu*) is effective and combination of both points can obtain even better result. In treatment of diseases, it is advisable to select one point for many diseases, not many points for a single disease. Usually we select one point first. If it is not very effective, select another point, two points in maximum.

If the pain is located in many areas including the chest, costal area and abdomen, *SiMa* is generally enough. If treatment is bilateral, we should use six needles in total. It seems a lot of needles to be used. However, selection of this point implies holographic significance. Generally, *SiMaShang* (88.18) corresponds to the upper energizer, *SiMaZhong* (88.17) corresponds to the middle energizer and *SiMaXia* (88.19) corresponds to the lower energizer. We could select the point according to the location of pain. If the pain is on one side, needle the point unilaterally. If the pain is on both sides, needle the point bilaterally. After needle insertion, ask the patient to have some exercise during needle retention. This is so called active *Qi* moving technique, which can guide *Qi* to arrive at the painful area and serve as the best therapeutic method of pain syndrome. In case of unable to move, use

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massage or breathing method instead. For pain syndrome, points are mainly selected on the healthy side. If the pain is prolonged and severe, the time of needle retention can be longer. Try not to use many needles.

Abdominal colic pain (dry cholera) 腹中绞痛 (绞肠痧)

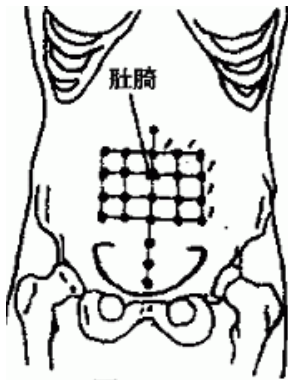


图12-3
腑巢二十三穴

1. Bleeding *FuChaoErShiSan* 腑巢二十三 (VT.05) 腑巢二十三穴点刺。

In Tung's extraordinary points, there are many points in groups. Though each group has many points, not all the points are selected in treatment. Take abdominal colic pain as an example. We often select *FuChaoErShiSan*, but not all the 23 points of *FuChao* are needed. *WuLing* (DT.04) has 40 points, not all of them are needed. The use of those points is very selective. Blood-letting is often given to point to *FuChao* by taking the umbilicus as the center and needling the point one *Cun* above, below and lateral to the umbilicus. In severe case, select another four point one *Cun* above, below and lateral to the selected points respectively with action of the points expanding to all the four directions. With the pathological condition getting worse, more points are selected in the same way. In addition, bleeding point *SiHuaZhong* and *SiHuaWai* is also good for abdominal colic pain.

Stiffness in the chest 胸闷

1. Needle *HuoShan* 火山 (33.06) and *HuoLing* 火陵 (33.05) simultaneously, and it is forbidden to needle the points bilaterally. 火山、火陵同时下针 (禁用双手)。
2. Bleeding *SiHuaZhong* 四花中 (77.09) is very effective. 四花中点刺甚佳。

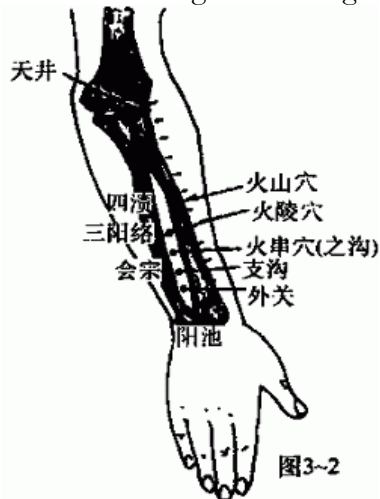


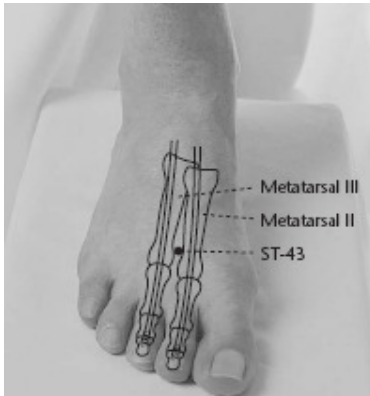
图3-2

To select few points for the same result, Dr. Tung often selected left points for male patients and right points for female patients in treatment. In other word, if the points are selected unilaterally, needle the points on the left side for male patients and right side for female patients. In case of stiffness in the chest, Dr. Tung often needled *HuoShan* and *HuoLing* unilaterally. In the points of the fourteen meridians, *NeiGuan* is the best. *SiMa* is also a very good point for stiffness of the chest. In severe case, it is better to bleed *SiHuaZhong* and *SiHuaWai*. Acupuncture is good enough for stiffness in the chest without heart disease. In case of heart disease, needling *NeiGuan* and *ZuSanLi* is very effective. If the condition is really severe, bleeding either *SiHuaZhong* or *SiHuaWai* is necessary. I once treated a senior lady patient named *Liu*, who was going to receive and operation for heart disease in 1986. I gave her treatment with acupuncture and blood-letting therapy for 4 months and everything of her was good. She is still alive and healthy 17 years after the treatment and she is now 85

and has never received operation.

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Lower abdominal pain 少腹痛



1. Needle *MenJin* 门金 (66.05) 针门金，特效。
2. Needle *HuoJu* (66.11)
3. Bleed *QuLing* 曲陵 (33.16) 针肝门、曲陵针向下刺亦效。
4. Bleed *SiHuaZhong* (77.09) and *SiHuaWai* (77.14).

There are many effective points for lower abdominal pain. The most frequently used effective one is *MenJin*. It is located behind *XianGu* (ST 43), the *Shu*-stream point of the stomach, close to the bone. It has the property of both wood and earth. Needling this point along border of the bone makes the point has water property. It is therefore indicated in diseases of the spleen, liver and kidney. *HuoJu* is also indicated in lower abdominal pain, and in severe case, bleed *ChiZe* or *SiHuaZhong*. If the therapeutic result of *HuoJu* is not good, there could be some organic pathological change, for which we should bleed *SiHuaZhong* and

SiHuaWai. It is important for the patient to have careful examination for clear diagnosis in this case.

Pain around the umbilicus and lower back pain 肚脐周围痛及腰痛

1. *WanShunYi* 腕顺一 (22.09) and *WanShunEr* 腕顺二 (22.08) 腕顺一、二。
2. *ZhongBai* (22.06) and *XiaBai* (22.07)

Distending pain of the large intestine 大肠部胀痛

1. Needle *MenJin* 门金 (66.05). 针门金
2. Needle *ChangMen* 肠门 (33.10) 针肠门

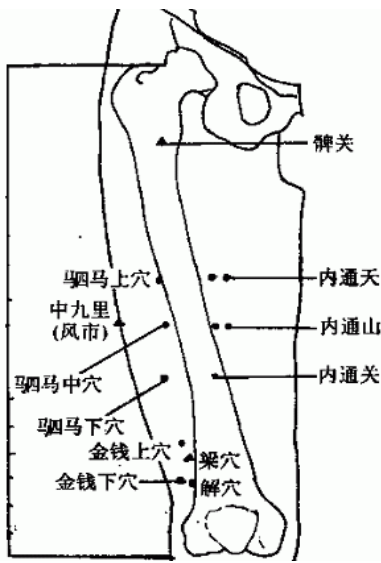
In case of pain around the umbilicus and waist, we could needle *WanShunYi* and *WanShunEr* or *ZhongBai* and *XiaBai*. For distension or pain in the large intestine, we can needle *MenJin* first and *ChangMen* after. Many patients suffer from abdominal distention. In case of upper abdominal distention and pain, needling *MenJin* is very effective; in case of lower abdominal distention and pain, needling *LingGu* is very effective. Needling both *MenJin* and *LingGu* may have even better result. Simultaneous selection of the two points may harmonize the upper and lower, not only eliminating pain but also regulating the stomach and large intestine meridians. In addition to distention and pain caused by gastrointestinal dysfunction, the two points are also effective to the distending pain due to liver *Qi* stagnation or disharmony between the liver and spleen. Because *MenJin* is the wood point of the earth meridian, it can regulate the disharmony of the liver and spleen. *LingGu* can regulate the liver meridian to arrest pain because the liver and large intestine have extraordinary connection, and therefore it can help disperse liver *Qi* stagnation. This is the method to treat abdominal distention and pain in Tung's Acupuncture. In



the ancient classics such as *YuLongFu* (Ode of the Jade Dragon), *ZaBindXueFaGe* (Song of points Miscellaneous Diseases), *WoYanLingXiaoYingXueGe* (Song of Effective points of *WoYanLing*), *TongXuanZhiYaoFu* (Ode of the Essentials of Understanding), and *YiZongJinJian* (The Golden Mirror of Medicine), point *NeiTing* (ST 44) is often selected for abdominal distention, because it is the water point of the stomach meridian, and can therefore strengthen both the spleen and kidney. When it is combined with *ZuSanLi*, the effect will be even better. It is mentioned in *ZhenJiuDaCheng* (The great compendium of Acupuncture) that, if *SanYinJiao* (SP 6) is added additionally the effect will be extremely good.

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Chest injury due to heavy blow 胸部打伤



1. Needle *SiMa* 驷马 (88.17, 18, 19) 针驷马穴。
2. Bleed *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) 四花中，外点刺亦佳。
3. For fresh injury, needle point *Jie* 解 (88.28).

In Tung's acupuncture, *SiMa* is often selected for chest injury due to heavy blow. In case of fresh injury, including the fresh injury due to heavy blow, puncture *Jie* first to regulate *Qi* and blood, and it is very effective. Besides, it is also very good for the pain due to stagnation of *Qi* and blood after injury caused by heavy blow. *SiMa* is very good for traumatic injury of the chest. For severe injury or internal injury of the chest, it is better to bleed *SiHuaZhong*. Point *Jie* is indicated in traumatic injury because it is located near *LiangQiu*, which is the *Xi*-cleft point of the stomach meridian. Stomach meridian is the one with ample *Qi* and blood. *Xi*-cleft point is the place where *Qi* and blood accumulate, and it therefore has the function to regulate *Qi* and blood, and the *Xi*-cleft point of the stomach meridian in particular. Point *Jie* is not only located near *LiangQiu* but also close to the tendon, which is dominated by the liver. The liver stores

blood. Therefore it has very strong function to regulate *Qi* and blood, thus very effective for stagnation of *Qi* and blood due to traumatic injury.

Pain of the chest and abdomen along the Ren meridian 胸腹部任脉线上痛

1. Needle *ShuiXiang* 水相 (66.14) 针水相穴



Since the pain along the *Ren* meridian is sometimes on the chest and it is not so convenient to needle the points on the chest, we may needle the points of kidney meridians instead because the kidney meridian runs closely along both sides of the *Ren* meridian. I always try not to select local points but distal and less points for pain, mostly the specific points below the elbow and knee joints. This method is just like the classical therapeutic method in Chinese Herbal Medicine. Like Chinese herbal medicine, there also exist classical school of thought

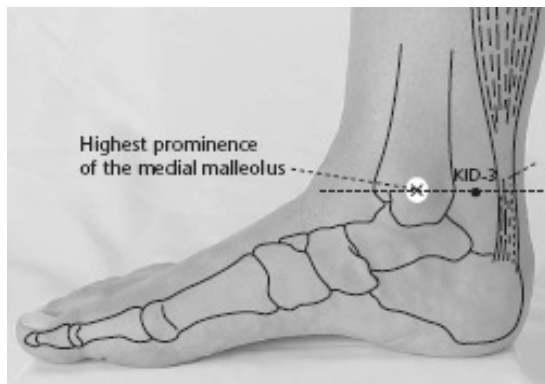
and school of current prescription in acupuncture. In Chinese herbal medicine, the classical school of thought mainly refers to the school of *ShangHanLun* and *JinGuiYaoLue*, which is characterized by few ingredients with large dosage in prescriptions. The school of thought of current prescriptions generally refers to the schools of thought that appeared later. They have more ingredients in one prescription and the dosage of each ingredient is small. In the application of classical prescriptions, the physician must grasp the chief manifestations. Most of the great physicians in different times in China belong to the classical school of medicine. They are good at using classical prescriptions to treat diseases. It is the same in acupuncture. The doctors of classical school of thought follow the treatment principles from *LingShu* and *SuWen* and they take the Five-*Shu* points as the main points in treatment of diseases of the whole body, which are located below the elbow and knee joints.

Today we can see that the theory of the Five-*Shu* points implies the view of holography, and they pertain to the five elements, namely the wood, fire, earth, metal and water, and the five *Zang*, namely the liver, heart, spleen, lung and kidney respectively. They are the holographic points of the internal organs on the meridians. The essential in application of the Five-*Shu* points is "seeking *Qi* from the same element point" and "needling method of body correspondence". For example, in case of a liver disease complicated with kidney disease, we don't have to select points from both the liver and kidney meridians, and instead, we could just needle the water point of the liver meridian. The liver pertains to wood, and its water point is connected with the kidney, needling this point could treat both the liver and kidney simultaneously. If the stomach and the liver are diseased at the same time while the stomach is the main diseased one, we could needle the wood point of the stomach meridian, and

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this method is very effective for disharmony between the liver and stomach. Point *TaiChong* is also very good for regulating the liver and the spleen since it is the spleen, dispersing the liver stagnation and regulating the spleen. *YangLingQuan* is also a good point for dispersing the liver stagnation and regulating the spleen because it is the earth point of the wood meridian – the gallbladder meridian. It is therefore able to treat wood and earth simultaneously involved in the same disease. The wood dominates tendon and earth dominates muscle and it is therefore effective for diseases of both the tendons and muscles. According to the theory of the five elements, this point has the property of both the wood and the earth, and can treat diseases of both the muscles and tendons, and it is therefore an essential point for diseases of the motor system.

Now let's look at Tung's extraordinary point *MenJin* which is located behind *XianGu*. In ancient classics, the two points are overlapped. *XianGu* is the wood point of earth meridian, the stomach meridian, it is certainly able to treat disharmony of the wood and earth. Therefore we often select *MenJin* to disperse the liver stagnation and regulate the spleen. This point also has the function to strengthen the spleen. If the kidney is involved, it is also effective since it is close to the bone. Needling along the border of the bone may affect the kidney. For instance, we often select the point to treat diarrhea before dawn, a kind of diarrhea due to deficiency of *Yang* of both spleen and kidney. Diarrhea before dawn is mainly resulted from kidney *Yang* deficiency. Point *MenJin* can not only regulate the spleen and stomach in case of diarrhea but also be effective for renal diarrhea because of needling the point along the border of the bone. Such needling method is based upon the theory of "seeking *Qi* from the same element point" and "the needling method of body correspondence", and is therefore highly effective. This theory has been introduced in details in my book *ZhenJiuWuShuXueYingYong* (Application of the Five-Shu points in Acupuncture). Please read this book if you want to know more about the theory.

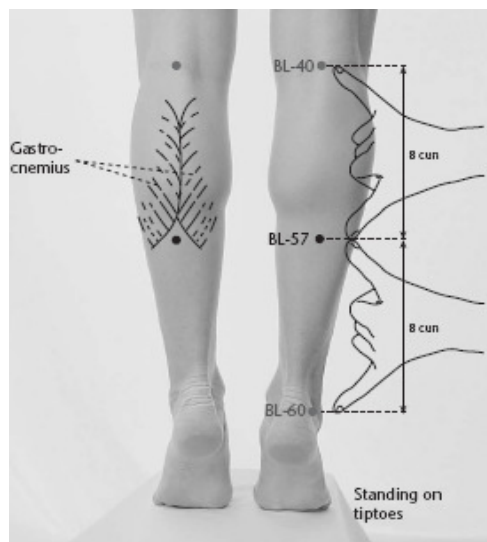


In the school of current prescriptions, much more points are selected and most of the points are local tender points or adjacent points. Personally, I mainly select points of classical prescriptions and therefore I use less needles or herbs in one treatment but still obtain good results.

Now let's see the effect of point *ShuiXiang* in treatment of pain of the *Ren* meridian. *ShuiXiang* is located at the side of *TaiXi* (KI 3), and therefore needling *TaiXi* is also effective. *TaiXi* is the point of kidney meridian, a very effective point for diseases of the *Ren* meridian. It can treat the pain along the midline of the anterior aspect of the body, the *Ren* meridian. In case of pain of the *Ren* meridian, it can be selected in combination with *ShuiXiang*. The two points work together as guiding points to each other. Needling *ShuiXiang* as the therapeutic point and *ChengJiang* (*Ren* 24) as the guiding point is very effective for pain of the *Ren* meridian on the chest.

In treatment, we should try to select one point to treat multiple diseases instead of selecting more points to treat one disease. For every disease, there are several specific points. We may select one of them in the treatment. However, better result can be obtained if they are used in combination. It doesn't mean good result is obtained only by combining several points together. Actually, every specific point is effective. Once you understand all these points, you will be more confident in treatment. You may use these single points either alternatively or in combination for better result. When you select these points alternatively or in combination of better result. When you select these points alternatively, you don't have to use many needles. In general, you have to remember several specific points for each disease. You don't have to select all of them at the same time but use them in alternation.

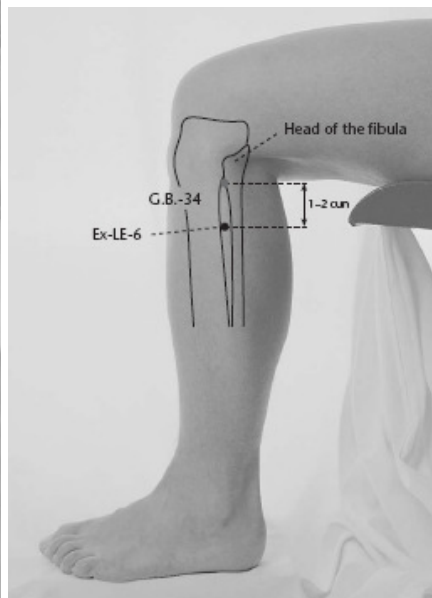
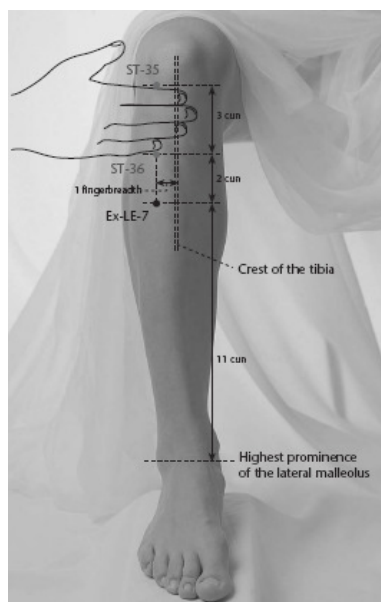
A Study on Tung's Acupuncture *Pain of both chest and back* 胸连背痛



1. Needle *SiMa* (88.17, 18, 19) 驷马, 然后承山
2. Needle *ChongZi* (22.01)
3. Needle *ShenGuan* 肾关 (77.18)
4. Needle *ShangBai* 上白 (22.03)

We have introduced the treatment of chest pain and back pain. If both the chest and back are painful, we can needle *SiMa*, and if it is selected together with *ChengShan* (BL 57), the therapeutic result will be even better. Actually, point *SiMa* is enough. Personally, I often select *ChongZi* and *ChongXian* to treatment pain of the chest and back by needling left points for right pain and right points for left pain. Besides, *ShenGuan* is also very effective for pain of both chest and back. *ShangBai* is a good point too.

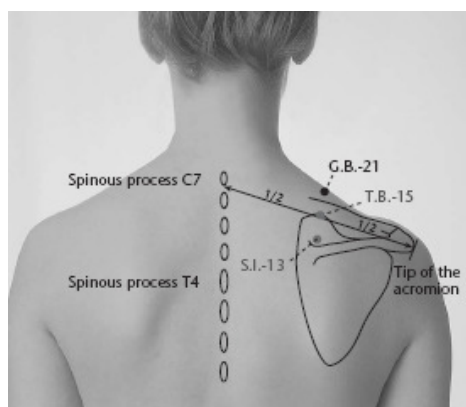
Question: How is acute abdomen treated?



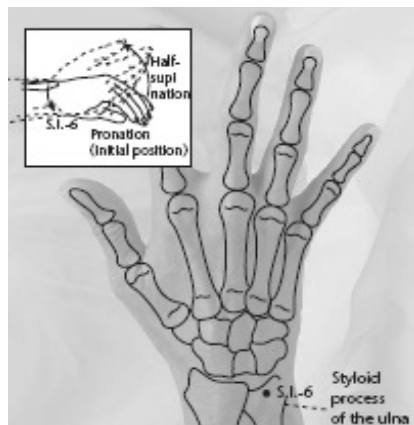
In case of acute abdomen, the first possible disease is appendicitis. *JinGuiYaoLue* has many good formulas for appendicitis such as *YiRenFuZiBaiJiangSan* (Powder of Semen Coicis, Radix Aconiti Praeparata and Herba Patriniae) and *DaHuangMuDanPiTang* (Decoction of Radix et Rhizoma Rhei and Cortex Moutan Radicis). In acupuncture treatment, we can needle *LanWeiXue* (Extra) which is located one *Cun* below *ZuSanLi*. It is a very good point for appendicitis. During an acute attack, there may appear a reaction tender point there. In case of cholecystitis (*i.e. inflammation of the gall bladder, due to bacterial infection or the presence of gallstones*), needle *DanNangXue* (Extra) which is located one *Cun* below *YangLingQuan*. During an acute attack, there may appear a tender point there.

Cholecystitis and cholelithiasis (*i.e. the presence of gallstone*) are included in acute abdomen. To treat such acute abdomen, there are some principles to follow: The first is deep insertion, the depth of insertion should be at least 2 *Cun*; second, long duration of needle retention which could be up to 90 minutes or even longer; third, strong stimulation with continuous lifting, thrusting and rotating. The method is used for all kinds of acute abdomen

including cholecystitis, cholelithiasis and appendicitis. These important principles to follow in the treatment of acute abdomen. If we don't have time to retain the needles, apply blood-letting to *SiHuaZhong* and *SiHuaWai*. Blood-letting therapy is very good for diseases of the chest and abdomen, appendicitis in particular. It is also good for acute abdomen due to gallbladder problem. I would like to emphasize the principles in the treatment of acute abdomen once more: deep insertion, long duration of needle retention and strong stimulation.



A Study on Tung's Acupuncture Diseases of the lumbus and back 腰背痛



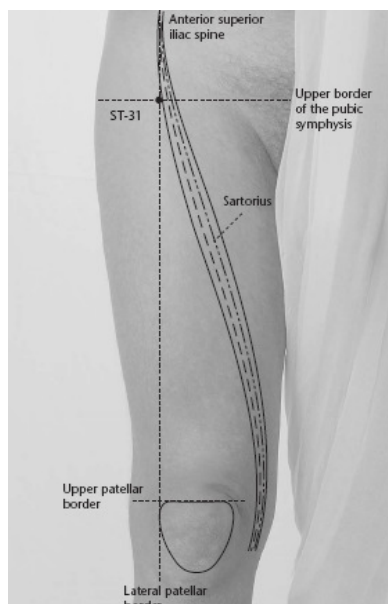
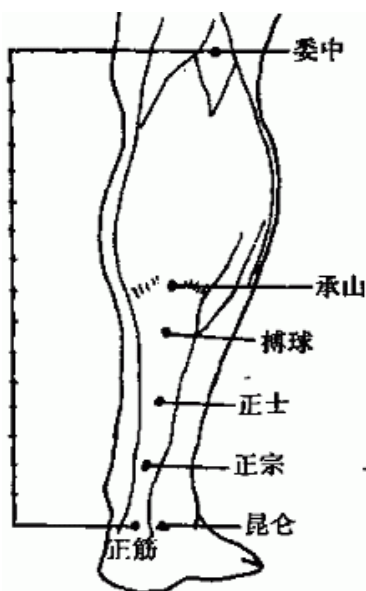
Pain of the lumbus and back is the most frequently seen disease in clinic, lower back pain in particular. The therapeutic effect of acupuncture is even better than that of medication. There are many specific points for lower back pain in the fourteen meridians such as *RenZhong* (Du 26), *HouXi*, *ZhongZhu*, *YangLao* (SI 6), *FuLiu* (KI 7), etc. There are also some very effective empirical formulas for lower back pain. For instance, *TongQiSan* (Powder for Moving Qi) from *YiZongJinJian* is a very effective representative formula for acute lumbar sprain. Its ingredients include *MuXiang* (Radix Aucklandiae), *ChuanShanJia* (Squalma Manitis), *ChenPi* (Pericarpium Citri Reticulatae), *GanCao*, *XiaoHuiXiang* (Fructus Foeniculi), *ZhiGanCao*, *HeiChou* (Semen Pharbitidis) and *YuanHu* (Rhizoma Corydalis), etc. Personally, I often add in *ChaoDuZhong* (Stir-fried Cortex Eucommiae) for better and faster result. In the clinical practice, the prescription is very effective without use of

acupuncture. In mild case, the pain is controlled after taking one dose of the herbs. In severe case, the patient is 70-80% cure after taking the first dose of the herbs and the pain is completely controlled after taking another dose.

Neck sprain is also a kind of acute sprain, for which acupuncture is effective too and *ChongZi* may help immediately stop pain. Besides, *ShangBai* and *ZhongBai* are also very effective. I also have a very effective herbal prescription modified *GuiZhiJiaGeGenTang* (Decoction of Ramulus Cinnamomi Modified by Radix Puerariae), which may quickly cure neck sprain. The ingredients are *GuiZhi*, *ShengJiang*, *ZhiGanCao*, *BaiShao*, *DaZao*, *GeGen*, *QiangHuo* and *ChaiHu*. Why is *ChaiHu* used here? It is because neck sprain causes not only the pain of the neck and back but also the pain at point *JianJing* (GB 21) where *ShaoYang* meridian passes. Many people like to use *GuiZhiJiaGeGenTang*. However, it is not good enough because it doesn't cover *ShaoYang* meridian, on which point *JianJing* is located. Therefore, the prescription modified by *ChaiHu* is more complete. *GuiZhiTang* works for *TaiYang* meridian, *GeGen* works for both *YangMing* and *TaiYang* meridian and *ChaiHu* is the herb for *ShaoYang* meridian. The above herbs used together may work effectively for all the three meridians, including the pain of the neck, back and shoulder.

TongQiSan is very effective for acute lumbar sprain. In case of chronic lumbago, most of the cases must have kidney deficiency and we have to strengthen the kidney then.

Backache 背痛



1. In case of unilateral backache, needling *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) may immediately arrest pain. 单背痛，针重子、重仙立止痛。
2. In case of bilateral backache, needle *ZhengShi* 正士 (77.03) and *BoQiu* 搏球 (77.04). 双背痛，针正士、搏球。
3. Needling *TongBei* 通背 (88.11) is also effective. 针通天、通背亦有效。
4. Needling *SiMa* 驷马 (88.17, 18, 19) has specific effect. 针驷马穴亦特效。

ChongZi is the most effective point for backache. In the fourteen meridians, there is

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no point that can compare with this point in treatment of unilateral backache. In case of bilateral backache, it is also very effective to needle *ChongZi* bilaterally. When the backache radiates to the shoulder, *ChongZi* is very good; and when the backache radiates to the neck, *ChongXian* is very good. If the pain covers all the back, neck and shoulder, needle both *ChongZi* and *ChongXian*. If the condition is bilateral, needle *ChongZi* on one side and *ChongXian* on the other, or needle the two points of the left side for male patient and right side for the female, or needle the two points on the opposite side of the worse side. It is not necessary to needle the two points bilaterally. Besides, *ZhengShi* and *BoQiu* on the lower limbs are also very effective. *BoQiu* is located below *ChengShan* (BL 57) that is a specific point for backache. In case of unilateral backache, needle the two points on the healthy side only, and in case of bilateral backache, needle the two points bilaterally.

In addition, *TongBei* is also a good point for backache. Point *BiGuan* (ST 31) of the stomach meridian of foot-*YangMing* is also effective for backache. *SiMa* is also a good point for backache, as chest and back is related to the lung.

When the backache is located on the midline, close to the spinal vertebrae, needling *SuGu* (BL 65) of the bladder meridian is very good. Personally, I often select *ZhongZhu* to treat backache along the spine. It has always been an important point for backache since ancient time, and introduced in *ZhouHouGe* (Song to keep up your sleeve), *ShengYuGe*, and *XiHongFu*. In the book *ZaBingXueFaGe* and *WoYanLingXiaoYingGe*, the point is even considered

as the especially effective point for spinal pain behind the heart, the backache along the spine.

In general there are many points that are effective for backache. They can be selected according to the pathological conditions.



Backache radiating to the lower limb 背连下腿痛

1. Needling *MaKuaiShui* 马快水 (1010.13) is very effective. 针马快水, 有卓效。

Pain of the shoulder and back 肩背痛

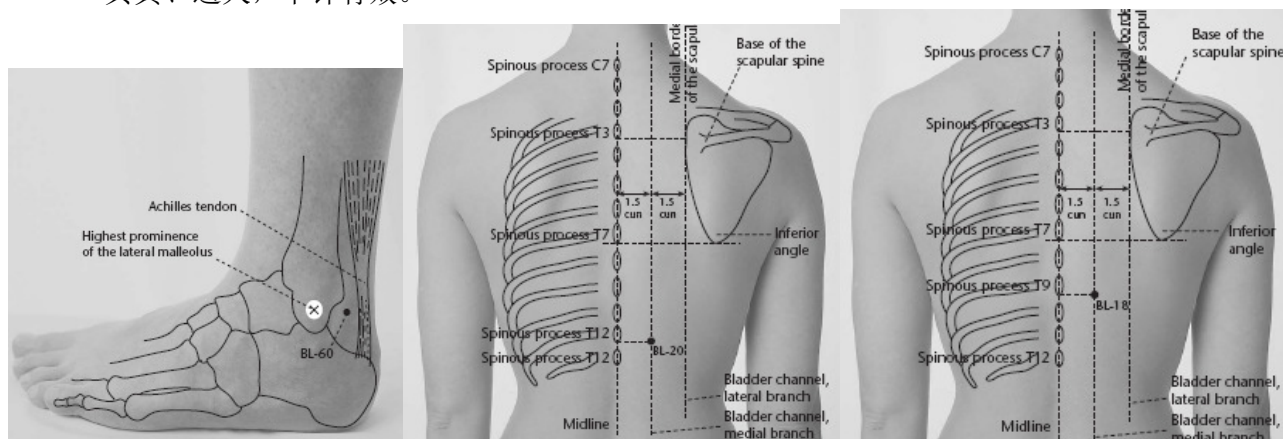
1. Needling *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) has special effect. 针重子、重仙特效。
2. It is also very effective to select *TongShen* 通肾 (88.09), *TongWei* 通胃 (88.10) and *TongBei* 通背 (88.11). 针通肾、通胃、通背亦特效。

It is also very effective to needle *BiGuan* (ST 31) of the stomach meridian to treat pain of the shoulder and back. In addition to the above-mentioned Tung's extraordinary points, *ShenGuan* is also a frequently used effective point.

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Deformity of the back and spine 背脊畸形

1. Needling *MingHuang* 明黄 (88.12), *QiHuang* 其黄 (88.14), and *TongTian* 通天 (88.03) is effective. 明黄、其黄、通天，下针有效。



Deformity of the back and spine refers to scoliosis. Master Tung selected *MingHuang*, *QiHuang* and *TongTian* to treat the disease. In the ancient classics, *RenZhong*, *QuChi* and *KunLun* (BL 60) are often recommended for treatment of ankylosing spindylitis. Besides, moxibustion applied to *PiShu* (BL 20) and *GanShu* (BL 18) is also very effective for scoliosis (*i.e. an abnormal lateral curve of the spine*).

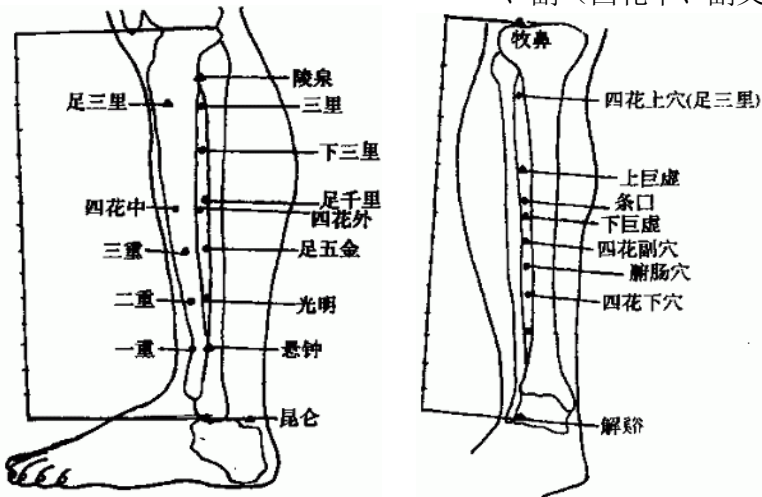
Spur of spinal vertebrae 脊椎肥大生芽（长骨刺）

1. Blood-letting *WeiZhong* 委中 (BL 40) is very effective. It would be even better if *MingHuang* 明黄 (88.12) is selected in combination. 委中点刺有卓效，配合针明黄更佳。
2. Needling *JiuLi* 九里 (88.25, 26, 27) and *WanShunYi* 腕顺一 (22.08) also has specific effect. 针九里，腕顺一穴亦特效。
3. Needling *SiHuaZhong* 四花中 (77.09) and *SiHuaFu* 四花副 (77.10) along the border of the bone. 四花中、副（四花中、副又当削骨针用）。

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Tenderness of the spinal vertebra 脊椎压痛

1. Blood-letting *WeiZhong* 委中 (BL 40) is very effective. It would be even better if *MingHuang* 明黄 (88.12) is selected in combination. 委中点刺有卓效，配合针明黄更佳。
2. Needling *JiuLi* 九里 (88.25, 26, 27) and *WanShunYi* 腕顺一 (22.08) also has specific effect. 针九里，腕顺一穴亦特效。
3. Needling *SiHuaZhong* 四花中 (77.09) and *SiHuaFu* 四花副 (77.10) along the border of the bone. 四花中、副（四花中、副又当削骨针用）。



Spinal vertebrae consist of cervical vertebrae, thoracic vertebrae and lumbar vertebrae, and the cervical and lumbar vertebrae are most liable to have bone spur, for which the point most frequently selected by Master Tung is *MingHuang*. Besides he also bled *WeiZhong* once a week. The therapeutic effect was very good. In addition, needling *SiHuaZhong* and *SiHuaFu* along the border of the bone is also very effective for cervical and lumbar bone spur. They are even better for bone spur of the knee joint and heel. My personal empirical points are *JiuLi*, *WanShunYi* and *RenZhong*. If they are used together with *ShuGu*, the therapeutic result will

be even better. It is a group of very effective points for spinal bone spur, including the spur of the cervical and lumbar vertebrae.

Degeneration of cervical and lumbar vertebrae is closely related to the kidney since "the kidney dominates bone". Growth of bone spur is related to kidney deficiency and *WanShunYi* has the function to tonify the kidney. There is another effective point *ZhongJinLi* which is *FengShi* in the fourteen meridians for bone spur. It is stated in Chapter 10 of *LingShu*: "*ShaoYang* dominates bone." Needling *FengShi* along the border of the bone has therefore double functions. *FengShi* is a point of *ShaoYang* meridian and hence frequently selected for bone spur. According to my own clinical experience, it is even better than *TianHuang*, *MingHuang*, *SiHuaZhong* and *SiHuaFu*. However, the most frequently used points of my own for cervical and lumbar vertebrae are *RenZhong*, *WanShunYi* or *HouXi*, *ZhongJinLi* and *ShuGu*. I have used these points to treat hundreds of such cases during last 35 years. In case of numbness of the hand due to bone spur of cervical vertebrae, we may bleed *ShuangFeng* located on the side of the cervical vertebra for better result. Needling *RenZhong*, *WanShunYi* and *FengShi* can not only treat the *Biao*, the numbness of the hand, but also treat the *Ben*, the underlying condition.

In case of sciatica resulted from lumbar disc hernia, there may be pain of the thigh or groin, or pain along the bladder meridian. According to clinical experience, the pain along the bladder meridian is mostly resulted from sciatica. 20-30% of the sciatica patients may also have pain along the gallbladder meridian and others have pain of *TaiYang* and *ShaoYang* meridians, the pain of the *TaiYang* meridian on the buttock and *ShaoYang* meridian on the leg, or the pain of the hip on the upper and the posterior aspect of the leg on the lower. To treat such patient, we need to select many points of the fourteen meridians. However, in Tung's acupuncture, only *LingGu* and *DaBai* will be enough and effective for any meridians affected. The two points are effective for sciatica in general. If there is bone spur, blood-letting therapy should be used in combination for better and faster result, or needle *RenZhong*, *WanShunYi* and *FengShi* along the border of the bone in combination which has been introduced already.

In treatment of sciatica, *LingGu* and *DaBai* are often selected in combination with the point of the affected meridian as the guiding point. To select guiding point, we often needle the *Shu*-stream point, since "*Shu*-stream

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point is indicated in heaviness of the body and pain of the joints". So *TaiChong* on the diseased side is selected as the guiding point when the pain is on the anterior aspect, *ZuLingQi* on the diseased side when the pain is on the lateral aspect and *ShuGu* on the diseased side when the pain is on the posterior side of the buttock thigh and leg. The two principal points *LingGu* and *DaBai* are selected from the healthy side. This method is very effective even if sciatica is caused by bone spur. For faster result, needling along the border of bone or bleeding *ChengShan* or *WeiZhong* once every 7-10 days can be adopted at the same time. There are many patients of sciatica in the clinic and the disease cannot be cured easily. This method can be used to treat both *Biao* and *Ben*, pathological changes of both nerve root and nerve trunk.

I have treated hundreds of cases of sciatica and some of them have made me deeply impressed. Few days before I went to lecture in Singapore in 1980, one senior gentleman who was a relative of the governor of HongKong, Mr. *DongJianHua*, was suffering from sciatica due to bone spur of lumbar vertebrae. The pain was so severe that he couldn't stand up straight and had to walk with the help by others. He had difficulty to go to toilet. He couldn't receive operation because he was also suffering from heart disease. Originally he didn't believe Chinese medicine very much. One captain working for him used to suffer from sciatica and was cured by me, and tried hard to recommend me to him. During treatment, I needled *RenZhong*, *ShuGu*, *WanShunYi* and *FengShi* once every other day and give him blood-letting. He was remarkably improved one week later. Since I was going to lecture in Singapore and could not continue the treatment, he asked to come with me to Singapore and stay with me in the same hotel. After telling him the unnecessary, I gave him the prescription of the points and let him ask other doctor to treat him selecting the same points. He then called me once a week about his condition, and I changed the prescription according to his condition given by the doctor. He was improved quickly and cured soon. When I passed HongKong on the way back to Taiwan, he came to the airport to pick me and invited me to dinner in his house.

It is quite often to have cases with bone spur of spinal vertebrae, lumbar vertebrae in particular. It is not so difficult to treat. Here is another example. In 2002, a very famous gentleman, Mr. Wang came to my clinic for treatment. He had suffered from sciatica for 3 years and was treated by some doctors with poor effect. He was walking with the body deviated to 30-40 degrees. After hearing I was back to the United States, he came to see me, hoping he would be cured for 3 months. He was prepared to come for treatment every day. I told him to come 3 times a week since he was living far away. I needled *RenZhong*, *ShuGu*, *WanShunYi* and *FengShi* for one treatment, and *LingGu* and *DaBai* on the healthy side for the other day. Besides, I gave *WeiZhong* blood-letting once every 10 days. With the treatment, his condition was getting better and better. He had an abrupt severe attack of acute pain one day 3 weeks later, but after that, the pain completely disappeared. After 4 weeks, he was completely cured and could walk normally, much faster than he expected. This method can be used to treat bone spur of both cervical and lumbar vertebrae with very good therapeutic result.

The method of needling along the border of the bone can also be used. That is to needle *SiHuaZhong* and *SiHuaFu* along the border of the Tibia, or needle *TianHuang* and *MingHuang*. Personally, I prefer the preceding method, the experience of my own. As for *SiHuaZhong* and *SiHuaFu*, I often use them to treat bone spur of the knee joint or heel. Regarding knee joint pain, a Korean patient came to see me in my hotel with the complaint of knee joint pain for 9 months and difficult squatting. I needled *JianZhong* and *XinMen* on the healthy side. She told me she was 80-90% cured the next day. She was completely cured after another treatment.

Acute sprain of spinal vertebra 脊椎閃痛

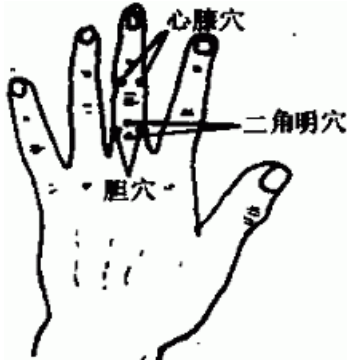
1. Needling *ZhengJin* 正筋(77.01) and *BoQiu* 搏球(77.04) is effective. 针正筋, 搏球有效
2. Bleeding *WeiZhong* 委中(BL 40) has extremely good effect. 委中点刺有特效
3. Needle *QiLi* 七里 (A.01) and *JiuLi* 九里 (88.25, 26, 27) 七里、九里

In treatment of acute sprain of spinal vertebra, we can needle *ZhengJin* and *BoQiu*. It would be even better if blood-letting is given to *WeiZhong* after. Master Tung often used *QiLi* and *JiuLi*. Needling *RenZhong* and *HouXi* of the fourteen meridians is also very effective. Selecting *RenZhong* and *WanShunYi* is also good. For the pain of

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thoracic vertebrae, *KunLun* and *WanShunYi* is also good. For the pain of thoracic vertebrae, *KunLun* is the best point. The name *KunLun*, has two explanations. One is that the point is located close to the highest bone of the body, malleolus, like Mount *KunLun* in China. The other is that the thoracic vertebrae occupy the highest position of the spine when ape-man crawls and thus the name. In fact, the bladder meridian travels along both sides of the *Du* meridian and has diverging meridian to connect with the *Du* meridian and *KunLun* is the *Yuan*-source point of the bladder meridian, the point is therefore indicated in the pain of spinal vertebrae according to either the meaning of the point name or distribution of the meridian.

Lower back pain 腰痛



亦有效。

1. Needling *LingGu* 灵骨 (22.05) and *DaBai* 大白 (22.04) is very effective. 灵骨、大白亦极有效。
2. Needling *ErJiaoMing* 二角明 (11.12) is very effective (towards the small finger). 二角明有效。(向外扎)
3. Bleeding *WeiZhong* 委中 (BL 40) is very effective. 委中放血, 亦有效。
4. Needling *MaJinShui* 马金水 (1010.13) is very effective. 马金水颇有效。
5. Needling *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) is effective. 水金、水通, 有效。
6. *XiaSanHuang* 下三皇 (77.18, 19, 21) is also an effective point. 针下三皇

Lower back pain due to kidney deficiency 肾虚腰痛

1. Needling *ZhongBai* 中白 (22.06) combined with *WanShunYi* 腕顺一 (22.08) is very effective. 针中白, 配腕顺一更佳。
2. Needling *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) is effective. 水金、水通有效。
3. Needling *ShenGuan* 肾关 (77.18) combined with *FuLiu* 复溜 (KI 7) is very effective. 肾关配复溜亦极有效。
4. Point *MaJinShui* (1010.13) or *MaKuaiShui* (1010.14) is also effective.

Acute lumbar sprain 闪腰岔气

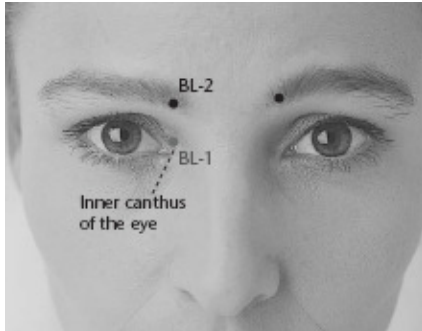
1. Needling *MaJinShui* 马金水 (1010.13) and *ShuiTong* 水通 (1010.19) is effective. 针马金水、水通有效
2. Needle *ErJiaoMing* 二角明 (11.12). 针二角明
3. Bleeding *WeiZhong* 委中 (BL 40) is extremely effective. 委中, 用三棱针点刺放血 (效果尤速)。

Now let's discuss lower back pain which is one of the most commonly seen diseases in the clinic. In various kinds of lower back pain, acute lumbar sprain is most commonly seen. I have mentioned the specially effective herbal prescription for acute lumbar sprain is *TongQiSan* (Powder for Moving Qi), which is effective for almost all kinds of acute lumbar sprain, even a ninety years old lady patient was cured after taking 2 doses of the herbs, the prescription of which was sent to her by fax. In acupuncture treatment, Master Tung often selected point *MaJinShui*. The horizontal line at the lower border of the nose (the upper end of the philtrum) corresponds to the kidney and lumbus. The points on this line are generally indicated in the pain syndrome of the kidney and lumbus. The points on this line are generally indicated in the pain syndrome of the kidney and lumbus. *MaJinShui* is almost at the same level with *RenZhong*, and is therefore indicated in the pain of the lower back. Master Tung also often needled *ErJiaoMing* on the middle finger subcutaneously towards the small finger. When I followed Master Tung, I found the point most frequently used by him for acute Lumbar sprain is *ErJiaoMing*. In Master Tung's treatment of acute lumbago, two points were most frequently used and they were *ErJiaoMing* and *MaJinShui*. Clinically, the two points are not selected simultaneously, and either of the two is enough.

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In severe case, we could just give blood-letting to *WeiZhong*. The patient could stand up and walk out of the clinic himself without help after such treatment.

There are many case examples of acute lumbar sprain. Here is a story about the treatment. Early in 1975, one taxi driver took a patient into the clinic, the taxi driver was then waiting outside. The patient had obvious blue vein swelling up at the popliteal fossa. I then bled the blue vein and the patient immediately felt much relieved and walked out himself. Not long after, the taxi driver came to see me for his stomachache and I cured him. Since he was constitutionally asthenic and easily getting tired, I gave him few more treatments and his body



constitution was greatly improved. After then he quit the job of taxi driver and started to learn acupuncture with great effort, passed examination and became a licensed acupuncturist in California in the United States of America. He is now practicing acupuncture in south Taiwan and having many patients with good reputation.

In the treatment of acute lumbar sprain, bleeding *WeiZhong* is the best. If the condition is mild, needling *ErJiaoMing* or *MaJinShui* will be enough. The two points are selected alternatively. A mild case could be cured in one treatment, and in severe case, it takes two or three times only.

Now let's see how to treat acute lumbar sprain with the points of the fourteen meridians. First, we need to differentiate the pain is in the middle or the two sides of the lower back. *RenZhong* is very good for lower back pain in the middle, and *HouXi* is very good for the lower back pain of the both sides. When the pain is located on the lateral side of the waist or the whole waist, *ZhongZhu* is very good. In fact, there are many points that are indicated in lower back pain. Some doctors use *QuChi* and others use *NeiGuan* to treat lower back pain. *ZanZhu* (BL 2) is located at the starting point of the bladder meridian and is therefore effective for lower back pain. Lower back pain is most closely related to the bladder meridian and *ShuGu* is another effective point of lower back pain.

There are also many points in Tung's acupuncture to treat lower back pain due to kidney deficiency. The first points are *ShuiJin* and *ShuiTong*. The second point is *ErJiaoMing*. Needling *ErJiaoMing* in the direction towards the small finger is effective not only for acute but also chronic lower back pain. Besides, bleeding *WeiZhong* is also very good. *XiaSanHuang*, *MaJinShui*, *LingGu* and *DaBai* are all very good point for lower back pain. In addition *BiYi* (1010.22) is a good point too.

There are also many effective points for chronic lower back pain in the fourteen meridians. The first is *RenZhong*, the second is *HouXi* and the third is *ZhongZhu*. In addition, *ShuGu* and *FuLiu* are all good points. Many people consider that *FuLiu* is an important point of the kidney meridian and is therefore a very good point for chronic lower back pain, as it is the metal point, the mother point of the kidney meridian which has the function to tonify the kidney. Chronic lower back pain is often of deficiency type. Actually, it is also an important point for acute lumbar sprain. *XiHongFu* (Ode to *XiHong*) says: "*FuLiu* functions to eliminate *Qi* stagnation from the lumbus." *TaiYiGe* (Song of *TaiYi*), *TongRenZhenJiuTuJing* (Illustrated classic of Acupuncture Points on the Bronze Man) and *YiZongJinJian* (The Golden Mirror of Medicine) all take it as a very effective point for acute lumbar sprain. Generally, kidney deficiency often gives rise to lower back pain, and the patient with kidney deficiency is more liable to be affected by acute lumbar sprain, point *FuLiu* is therefore extremely good for such condition. Besides, many other points such as *XiaSanHuang* on the leg, and *ShuiJin* and *ShuiTong* on the face are also very good point. In the treatment, if *ZhongBai* or *WanShunYi* is selected in combination, it would be even better.

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Pain of the midline of the spinal vertebrae 脊椎正中线痛。

1. Bleed *WeiZhong* 委中 (BL 40). 委中点刺出血，再针双昆仑。
2. Needle *ZhengJin* (77.01) and *ZhengZong* (77.02)

We have introduced this disease before. In Tung's acupuncture, *ZhengJin* and *ZhengZong* are the most frequently used points. The two points are very good for the pain along the midline of the spinal vertebrae. In the fourteen meridians, *KunLun* 昆仑 is a very effective point, and it would be even better if *RenZhong* is added as it is the point of *Du* meridian that is very effective for the pain of the spinal vertebrae. In severe case, bleeding *WeiZhong* is always the best.

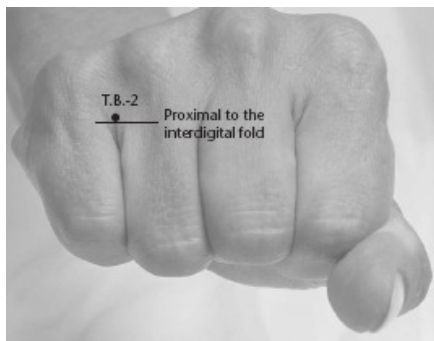
Pain of coccygeal vertebrae 尾椎痛

1. Needling *XinMen* (33.12) has special therapeutic effect.
2. Needle *ZhengHui* (1010.01) and *HouHui* (1010.06).
3. Needle *DaDu* 大都 (SP 2) and *HaiBao* 海豹 (66.01)



Now let's discuss the pain of the coccygeal vertebrae. There are many patients suffering from this disease. Some cases are very severe. This pain is worse when sitting on chair. Such pain is often caused by fall from chair or slipping down when walking or from stair with bottom hitting the ground. The condition could last long without cure. Acupuncture is very effective for the disease, Tung's extraordinary points in particular. The first point is *XinMen* and such clinical application of this point has never been mentioned before. It is my own clinical experience. It is very effective for the pain of coccygeal vertebrae. The second point is *ZhengHui* combined with *HouHui*. It is also very effective. Besides, *HaiBao* is also good for coccygeal vertebral pain.

Here I'd like to talk something wide off the topic. In February of this year (2003), I was giving lectures in Houston. The lecture hour ranges from 8:00 AM to 9:00 PM. At the request of the students, my lecture didn't stop until 1:00 PM the next day. Every one was tired after listening to the lecture for almost 17 hours. Some students had to drive for another 4 hours for home. So, I needled point *BiYi* for everyone after the lecture was finished. Because the students had been listening to my lecture continuously for 3 days and they were even more tired than me. After my treatment, everyone went home full of energy. If you are feeling tired now, I can help you needle *BiYi* to give you a lift.



Here I'd like to give you some supplementation. Since the pain of the spinal vertebrae is located in the middle of the back, we do not have to needle the points bilaterally but unilaterally with selection of the points on the left side for the male and right side for the female. When the therapeutic effect is not good enough, we needle the points on the other side. In Tung's acupuncture, many points are forbidden to needle bilaterally. But according to my own experience, some of these points may have very good effect without any side effect when they are needled bilaterally. I will give you more explanation in the introduction to the related treatment. Of course, we usually try to needle the points of one side first, and needle the other side only when the therapeutic result is not good enough.

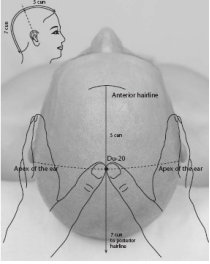

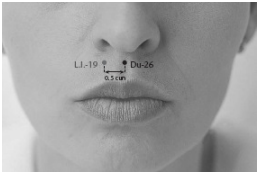
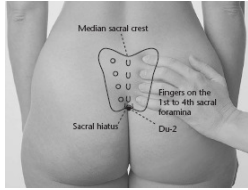
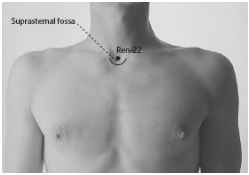
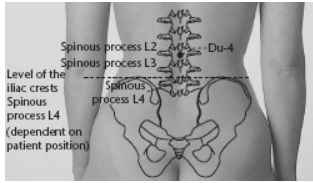
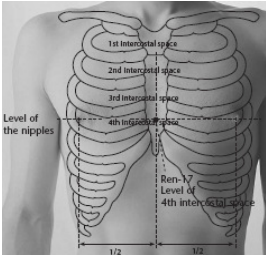
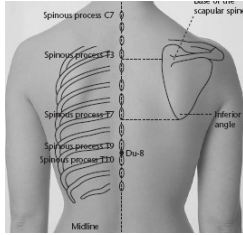
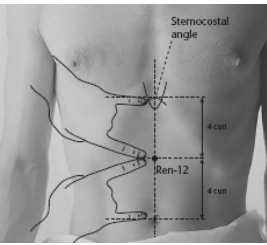
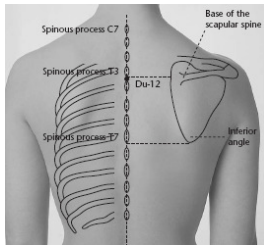
A Study on Tung's Acupuncture

Regarding the pain of coccygeal vertebrae, I have read an article published in a journal of the mainland of China, which was written on the basis of "Tung's Acupuncture" published in mainland China. It is mentioned in the articles that *ZhengHui* and *HouHui* may have good therapeutic result in treatment of the pain of coccygeal vertebrae. I understand the two points are effective for the disease. However, *XinMen* is the best point according to my own clinical experience. I noticed that the above book has missed point *XinMen* in the introduction.

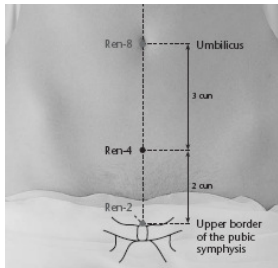
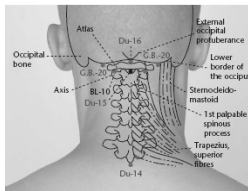
Yesterday I went to a bookstore where there were many medical books in Chinese. I found many books with introduction to the fourteen meridians. There were also some books of Tung's Acupuncture and some of them have mistakes about points. For example, point *DaBai* was quite wrong. Some other books had mistakes about point *YeMen* (SJ 2) and *SanChaSan*. I read the book briefly and found almost half of the points were wrong. So when you buy the book, you need to pay more attention.

Here is one thing that I want to emphasize that needling *RenZhong*, *HouXi*, *ShuGu* and *FengShi* for lower back pain in the afternoon is better than in the morning. As everybody knows that the 12 regular meridians have the theory of Midnight-Noon Ebb-flow. In fact, the *Du* and *Ren* meridians also have Midnight-Noon Ebb-Flow. The flow order of the *Ren* and *Du* meridians is as follows:

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Acupuncture Point	Time	Acupuncture Point	Time
<p><i>BaiHui</i> (Du 20)</p> 	11:00 AM – 1:00 PM	<p><i>HuiYin</i> (Ren 1)</p> 	11:00 PM – 1:00 AM
<p><i>RenZhong</i> (Du 26)</p> 	1:00 PM – 3:00 PM	<p><i>YaoShu</i> (Du 2)</p> 	1:00 AM – 3:00 AM
<p><i>TianTu</i> (Ren 22)</p> 	3:00 PM – 5:00 PM	<p><i>MingMen</i> (Du 4)</p> 	3:00 AM – 5:00 AM
<p><i>TanZhong</i> (Ren 17)</p> 	5:00 PM – 7:00 PM	<p><i>JinSuo</i> (Du 8)</p> 	5:00 AM – 7:00 AM
<p><i>ZhongWan</i> (Ren 12)</p> 	7:00 PM – 9:00 PM	<p><i>ShenZhu</i> (Du 12)</p> 	7:00 AM – 9:00 AM

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<p><i>GuanYuan (Ren 4)</i></p> 	<p>9:00 PM – 11:00 PM</p>	<p><i>FengFu (Du 16)</i></p> 	<p>9:00 AM – 11:00 AM</p>
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From this we can understand that the flow of the *Ren* and *Du* meridians comes to *RenZhong* from 1:00 PM – 3:00 PM, the flow of 12 regular meridians comes to the small intestine meridian from 1:00 PM – 3:00 PM, and the bladder meridian from 3:00 PM – 5:00 PM. In the treatment of lower back pain and bone spur, we often needle *RenZhong* of the *Du* meridian, *HouXi* of the small intestine meridian and *ShuGu* of the bladder meridian, and all these points are therefore advisably needed from 1:00 PM – 3:00 PM and from 3:00 PM – 5:00 PM for best therapeutic result for pathological changes of either the lumbar or cervical vertebrae. In case of kidney deficiency, treatment should be given from 5:00 PM – 7:00 PM since it is the time for flow of the kidney.

Here I'd like to introduce another 2 points for lower back pain: *ZhongBai* and *XiaBai*. *ZhongBai* is a very good point for acute and chronic lower back pain. *XiaBai* is often selected in combination with *ZhongBai* as a coupling point. Besides, *XiaBai* is a very good point for nephrosis (*i.e.* kidney disease, esp. marked by noninflammatory degeneration of the tubular system) OR colic pain due to renal stone. There is one point below *ShangBai* corresponding to point *MenJin* on the dorsum of the foot, which could be called Hand-*MenJin*. This point is very effective for acute lumbar sprain and the effective rate goes up to at least 90%. Now we can see that *LingGu*, *XiaBai*, Hand-*MenJin* and *WanShunEr* are almost located on the same level and they are all very good points for lower back pain. It implies the theory of holography. The combination of Hand-*MenJin* and *XiaBai* is even more effective. With the extraordinary connection of *ZangFu*, *XiaBai* is connected with the kidney and is therefore a very good point for renal colic and renal stone. At the beginning, Master Tung used *ZhongBai* and *XiaBai* to treat nephrosis. Since the two points are located on the *ShaoYang* meridian of hand, they are also very effective for biliary colic and biliary ascariasis (*i.e.* infestation of the intestines with the roundworm *Ascaris lumbricoides*, causing abdominal pain, nausea and vomiting, weight loss, etc), as the two same-named meridians are connected with each other. The therapeutic result might not appear right after insertion of the needle, it works with needle retention going on.

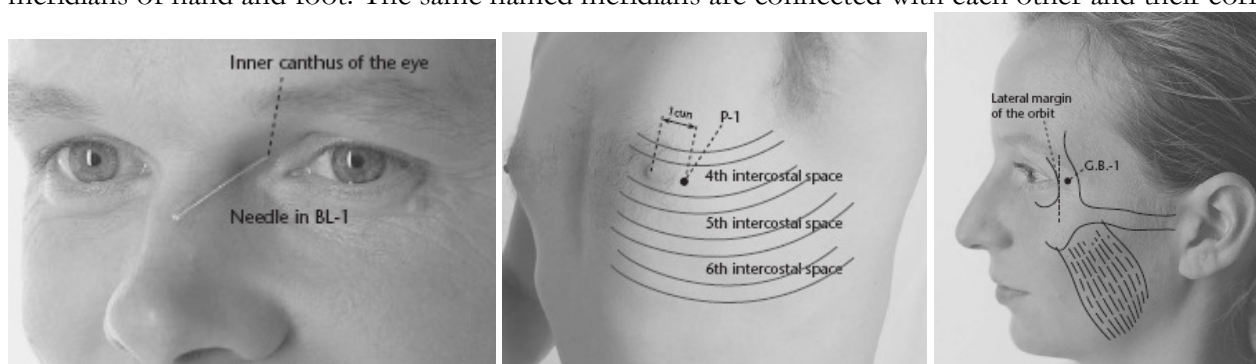
Question: You have mentioned the meridians listed in your table of open, close and pivot transversely are the same-named meridians that are connected with each other. Can you give more explanation?

The theory of open, close and pivot is used to describe the law of the three *Yin* and the three *Yang* meridians in separating, gathering, interdepending, intertransforming, and the *Qi* of the meridians in ascending, descending, moving in and out. *TaiYang* is the open, including the hand and foot *TaiYang* meridians; *ShaoYang* is the pivot, including the hand and foot *ShaoYang* meridians; and *YangMing* is the close, including the hand and foot *YangMing* meridians. In the same way, *TaiYin* is the open, including the hand and foot *TaiYin* meridians; *ShaoYin* is the pivot, including the hand and foot *ShaoYin* meridians; and *JueYin* is the close, including the hand and foot *JueYin* meridians. It shows that the *TaiYang* meridians of hand and foot dominates open and have the same property and law of movement, the *ShaoYang* meridians of hand and foot dominates and serves as pivot and have the same property and law of movement, and the *YangMing* meridians dominate close and have the same property and law of

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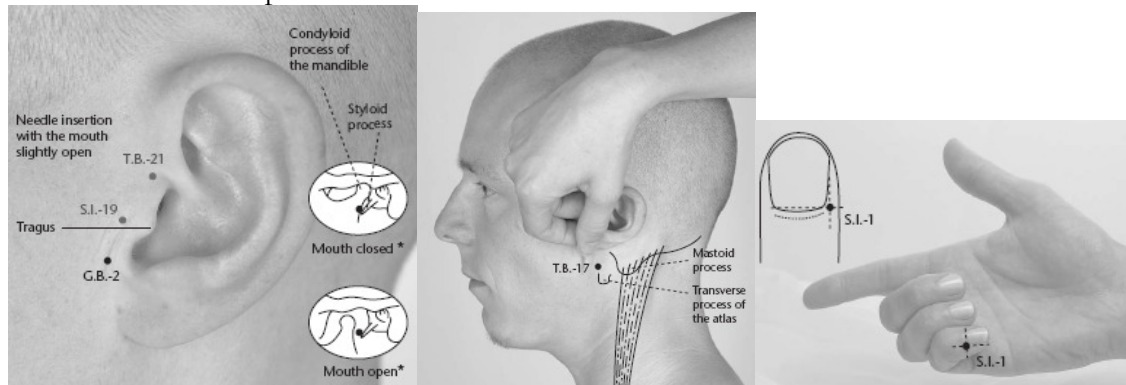
Movement, so do the other *TaiYin* meridians of hand and foot, *ShaoYin* meridians of hand and foot and *JueYin* meridians of hand and foot. The same named meridians are connected with each other and their correspondence



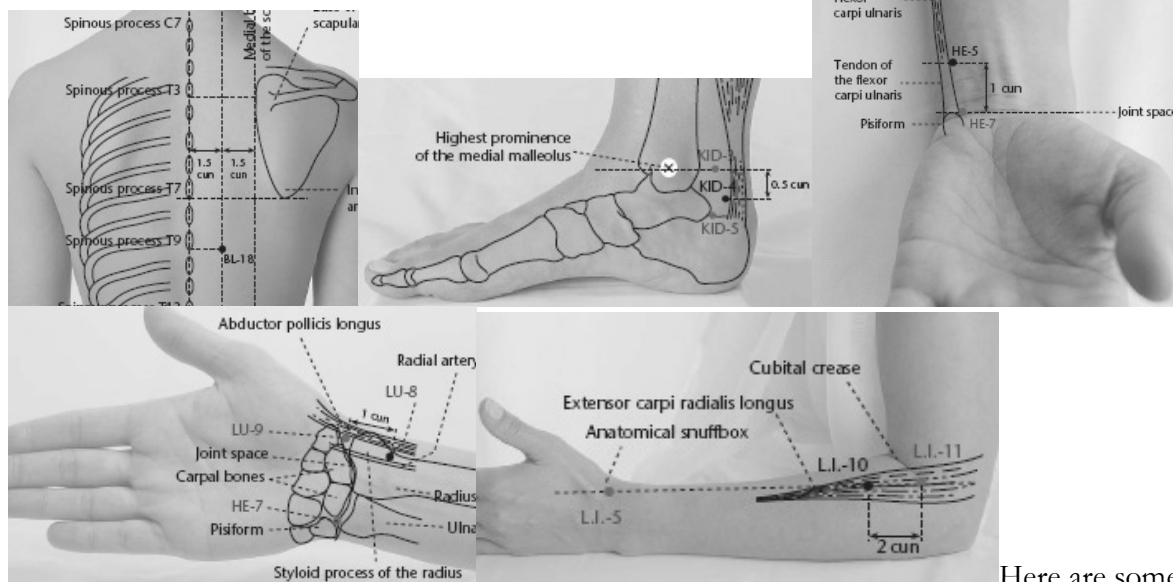
Could be referred to "*Taiji* Holographic and Correspondence" attached to this lecture.

Because of "the connection of the same-named meridian", they help each other and can be combined with each other in treatment. They have the passage to make the couple meridians connected with each other. For instance, the hand and foot *TaiYin* meridians are connected with each other near point *ZhongFu* (LU 1); the hand and foot *YangMing* meridians are connected with each other at point *YingXiang* (LI 20); the hand and foot *ShaoYin* meridians are connected with each other in the heart at point *JiQuan* (HE 1); the hand and foot *TaiYang* meridians are connected with each other at point *JingMing* (BL 1); the hand and foot *JueYin* meridians are connected with each other at point *TianChi* (PC 1); and the hand and foot *ShaoYang* meridians are connected with each other at point *TongZiLiao* (GB 1).

The combination of points of the same-named meridians is often introduced in the ancient songs of acupoints.



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Here are some examples from the book *BaiZhengFu* (Ode of One Hundred Symptoms): "Treatment of deafness relies on

TingHui (GB 2) and *YiFeng* (SJ 17)". *TingHui* is the point of the gallbladder meridian and *YiFeng* is the point of *SanJiao* meridian. These two meridians are same-named meridians; "In case of dislike of speaking and preference of lying flat, select *TongLi* (HT 5) and *DaZhong* (KI 4)." *TongLi* is the point of the heart meridian and *DaZhong* is the point of the kidney meridian. The two points are from the same-named hand and foot meridians of *ShaoYin*; "For the eye disease, needle *GanShu* (BL 18) and *ShaoZe* (SI 1)." *GanShu* is the point of the bladder meridian and *ShaoZe* is the point of the small intestine meridian. They are from the same-named meridians, the hand and foot *TaiYang* meridians. Besides, it is also said in the book *XiHongFu*: "In case of febrile disease with anhidrosis, needle *DaDu* and *JingGu* (LU 8), "Needling *ShouSanLi* (LI 10) and *ZuSanLi* may treat food retention and abdominal distention." The former two points are from the hand and foot *TaiYin* meridians; and the latter the hand and foot *YangMing* meridians. Such examples of both the ancient and modern times are numerous, enough to prove that selection of points from the same-named meridians in treatment is one of the commonly used practical methods.

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Taiji Holography and Correspondence

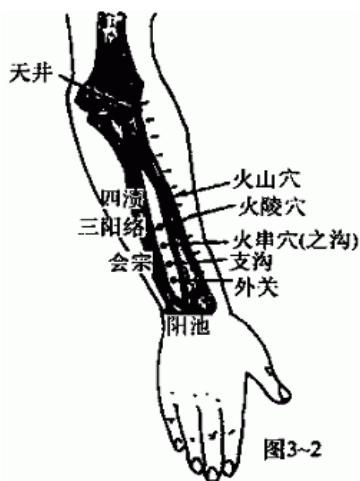
Holographic acupuncture technique is derived from the theory of holography, which considers that a relative independent part of an organic body is the same as the whole in chemical structure pattern, and is the narrowed form of the whole in proportion. In another word, the local is the miniature of the whole. Such biological holographic phenomena can be seen everywhere. In Chinese medicine, the tongue diagnosis and pulse palpation are the very concrete phenomena. Besides, observation of the face is another example. All these show that each relative independent part is the miniature of the whole.

In fact, this theory is originated from *Taiji*. In the theory of *Taiji* and *YuanQi* in *Yijing*, there is an important point of view, that is, the local may manifest the general. It is also an important point of view in traditional Chinese medicine: correspondence between heaven and man. It considers that human body itself is a small universe, and any local part of human body is a miniature organic structure of the whole body. In another word, the whole includes the local and the local manifests the information of the whole. Such thought has been applied in the field of Chinese medicine in diagnosis and practice and created a special TCM holographic medicine.

Early in the book "The annals of Lu's Family", it says: "Like all parts of the human body, all the things in the universe form the universal harmony in the world." The theory of *Taiji* was greatly developed after *Song* dynasty. From the theory of *Taiji*, the thinking of holography was derived, saying that "each object is an organic integrity and an organic integrity is a universe". The Confucian scholars of *Song* dynasty further pointed out the "man exists in the universe and there is a universe in man". The Confucian of *Song* dynasty *ZhuXi* clearly pointed out that "everything has a *Taiji*". As for the interrelationship between the universe and man, the human body is a small universe and is the holographic structure of the universe". Furthermore, each human body is an organic integrity and each local part of the body is a miniature of the whole body.

The *Taiji* of the human body takes the umbilicus as the core. This is because the acquired is based upon the congenital and the nutrition is supplied by the umbilical cord at the beginning of life. The part of the body above the diaphragm is known as upper energizer, (*ShangJiao*) that between the diaphragm and the umbilicus is known as the middle energizer (*ZhongJiao*) and that below the umbilicus is known as the lower energizer (*XiaJiao*). However, according to the theory of holography that "one object is a *Taiji* and each local part of the object is a small *Taiji*", there are many miniatures of *Taiji* on the body.

The Major Taiji

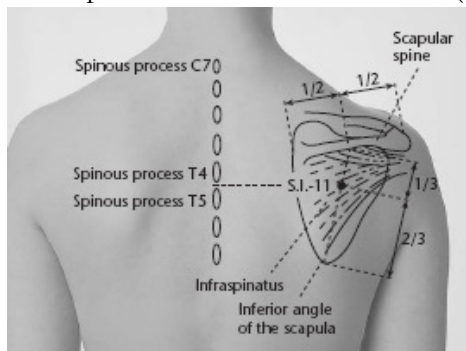


There is a *Taiji* in each of the upper and lower extremities. The upper extremity takes the elbow as its *Taiji* and the lower extremity takes the knee as its *Taiji*. Furthermore, there are correspondence and inverse correspondence respectively. Compare with the umbilicus, this could be considered as the holography of grade one. With the upper extremities naturally dropping down, there is a natural correspondence between the arm and the trunk: the upper arm corresponds to the chest (or back) and epigastrium; the elbow corresponds to the umbilicus (waist); the forearm corresponds to the lower abdomen (lumbosacral area); and the hand corresponds to the external genitalia. For instance, we can select points of the forearm to treat diseases of the lower abdomen or lumbosacral area, and the points of the hand to treat diseases of the external genitalia (or in return, select points of the lower abdomen and lumbosacral area to treat diseases of the forearm). Based upon this theory, Master Tung used to needle the five points of the hand including *Dajian* (11.01) to treat hernia.

When the upper extremity and the trunk are placed inversely, there is also a correspondence (known as inverse correspondence between the arm and trunk) as follow: the hand (wrist) corresponds to the head (neck); the forearm corresponds to the chest (back) and epigastrium; the elbow corresponds to the waist; the upper arm

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corresponds to the lower abdomen (or lumbosacral region); and the shoulder corresponds to the external

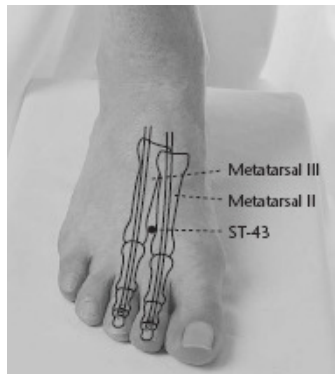
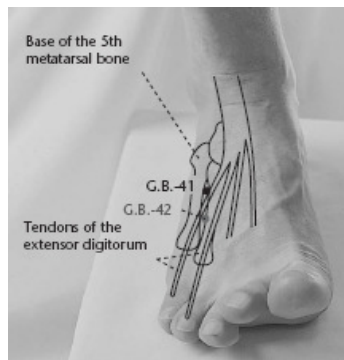


genitalia. For instance, we can select points of the forearm to treat diseases of the chest and epigastrium (such as *NeiGuan* and *HuoChuan* 火串 (33.04) and *HouLing* 火陵(33.05) to treat palpitation and stuffiness in the chest); we can also select the points of the upper arm to treat diseases of the lower abdomen (on the contrary, we can select points of the chest, epigastrium and lower abdomen to treat diseases of the forearm and upper arm). That's why Master Tung often selected *TianZong* (SI 11) and *YunBai* (44.11) at the shoulder to treat vaginal diseases in gynecology and points of the finger are often selected to treat diseases of the headache nowadays. With the same principle, selecting points of the fingers to treat

diseases of the head is now very popular.

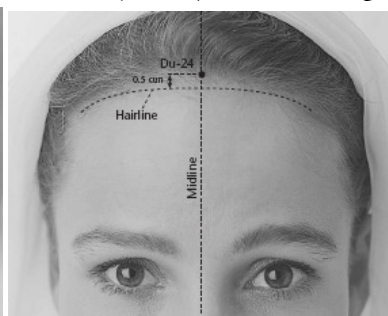
When the lower extremity and the trunk are placed in sequence (the sequence between the foot and the trunk), there is the correspondence as follow: the thigh corresponds to the chest (back) and epigastrium; the knee corresponds to the umbilicus (waist); the leg corresponds to the lower abdomen (lumbosacral region); the foot corresponds to the external genitalia. In case of diseases of the chest and back, needle the points on the thigh. For diseases of the lower abdomen, needle the points on the leg. On the contrary, for diseases of the thigh and leg, we can needle the points of the chest and abdomen.

Clinically, we often select point *SiMa* on the thigh to treat the lung, and *SanTong* (通关 88.01, 通山 02, 通天 03) to treat the heart. Personally, I often select *MenJin* to treat dysmenorrhoea, *DaDun* and *YinBai* to treat uterine bleeding, *FuLiu* to treat lumbosacral pain and *SanYinJiao* to treat lower abdominal pain, etc.



When the lower extremities and the trunk are placed inversely, there is a correspondence as follow: the foot corresponds to the head; the ankle corresponds to the neck; the leg corresponds to the chest (back) and epigastrium; the knee corresponds to the umbilicus (waist); and the thigh corresponds to the lower abdomen (lumbosacral region).

If there is illness in the chest and epigastrium, needle the points on the leg. For diseases of the lower abdomen, needle the points of the thigh. On the contrary, the points of the chest and epigastrium are indicated in diseases of the thigh and leg. Master Tung used to select *ZhengJin* and *ZhengZong* to treat disorders of the neck, I personally often select *ZuLingQi* (GB 41) to treat migraine, *XianGu* (ST 43) to treat *YangMing* headache and *ShuGu* (BL 65) to treat occipital headache.



According to the above correspondence, the fingers and toes may correspond to the vertex where *BaiHui* and *ShenTing* (Du 24) are located, and this is why the *Jing*-well points can be used to treat mental disorders and acute apoplexy in emergency management. For instance *LiDui* (ST 45) and *YinBai* (SP 1) are often used to treat frequent nightmare, and

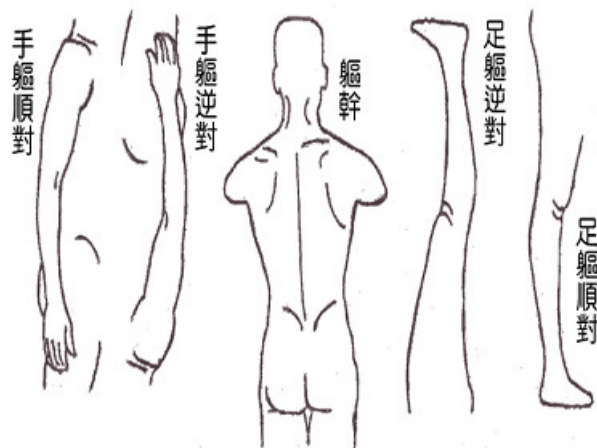
DaDun (LR 1) and *ShaoShang* (LU 11) collectively known as ghost points to treat depressive psychosis. Wrist and ankle correspond to the neck. In addition to *ZhengJin* which is indicated in stiffness of the neck, points around the wrist and ankle are also often selected to treat neck disorders. For example, *LieQue* is indicated in stiffness and pain of the neck.

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身軀對應可分四項(見下表):

對應部位	頭	胸脛(背)	臍	下腹(腰)	陰部
手軀順對	肩	上臂	肘	下臂	手
手軀逆對	手	下臂	肘	上臂	肩
足軀順對	髖	大腿	膝	小腿	足
足軀逆對	足	小腿	膝	大腿	髖

Location in correspondence	Head	Chest and Epigastrium (Back)	Umbilicus	Lower Abdomen (Waist)	External Genitalia
Correspondence between Upper Extremity and Trunk	Shoulder	Upper Arm	Elbow	Forearm	Hand
Inverse Correspondence Between Upper Extremity and Trunk	Hand	Forearm	Elbow	Upper Arm	Shoulder
Correspondence between Lower Extremity and Trunk	Hip	Thigh	Knee	Leg	Foot
Inverse Correspondence between Lower Extremity and Trunk	Foot	Leg	Knee	Thigh	Hip



This kind of correspondence also exists between the upper and lower extremities. In correspondence, the elbow corresponds to the knee, the shoulder corresponds to the hip, the upper arm corresponds to the thigh, the forearm corresponds to the leg and the hand corresponds to the foot. For instance, shoulder points (such as *JianZhong*) can be selected to treat diseases of the hip. *QuChi* or *ChiZe* can be selected to treat diseases of the knee. On the contrary, points of the hip can be used to treat diseases of the shoulder

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and points of the knee can be used to treat diseases of the elbow. Personally, I often select *XiaoJie* to treat ankle pain and it is the treatment following the same principle.

In the inverse correspondence of the upper and lower extremities, there is the correspondence as follows: the shoulder corresponds to the knee; the forearm corresponds to the thigh and the hand corresponds to the hip. For example, we can select points on the shoulder to treat ankle diseases, and points of the forearm to treat thigh diseases. On the contrary, we can select points on the foot to treat diseases of the shoulder, and points of the thigh to treat diseases of the forearm. Master Tung often selected *LingGu* and *HouXi* on the hand to treat sciatica. Personally, I often select *ZhiGou* and *WaiGuan* to treat soreness and pain of the thigh.

The above correspondence is tabled with illustration as follow:

However, the most frequently used in clinic is the consequent correspondence of the upper and lower extremities. This method is based on the theory of congenital eight diagrams in *YiJing*. (See Chapter: The Principle of the Open, Close and Pivot, and the Extraordinary Connections of *ZangFu*)

The Correspondence between Upper Extremity and Lower Extremity

Shoulder	Upper Arm	Elbow	Forearm	Hand
Hip	Thigh	Knee	Leg	Foot

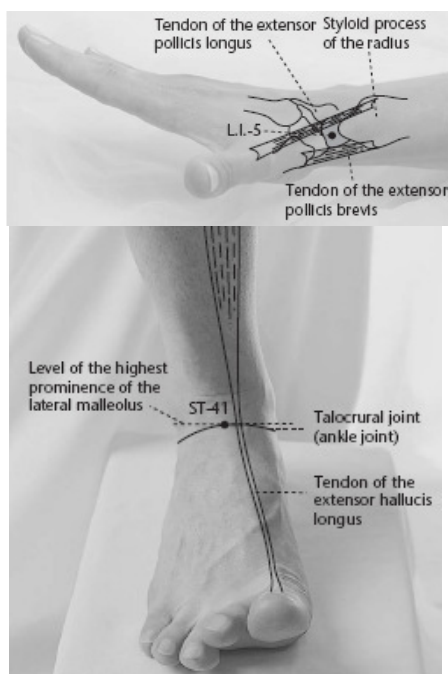
Since the lung and large intestine correspond to the spleen and stomach, they are often used to treat each other

in treatment. But selecting points from the same-named meridians is the most frequently used one. That is , the lung meridian of hand *TaiYin* and the spleen meridian of the foot-*TaiYin* are used to treat each other, so are the large intestine meridian of hand *YangMing* and the stomach meridian of foot *YangMing*, the heart meridian of hand *ShaoYin* and the kidney meridian of foot *ShaoYin*, the small intestine meridian of hand *TaiYang* and the urinary bladder meridian of foot-*TaiYang*, the pericardium meridian of hand-*JueYin* and the liver meridian of the foot *JueYin* and the *SanJiao* meridian of hand *ShaoYang* and the gallbladder meridian of foot *ShaoYang*.

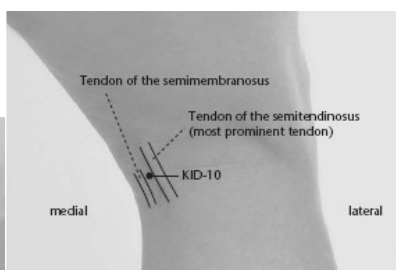
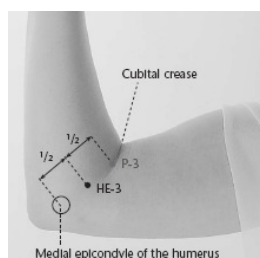
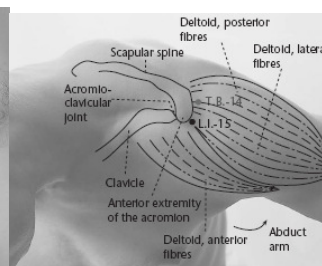
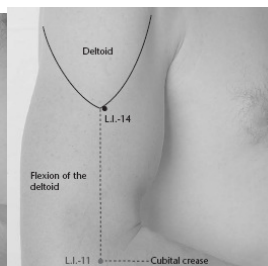
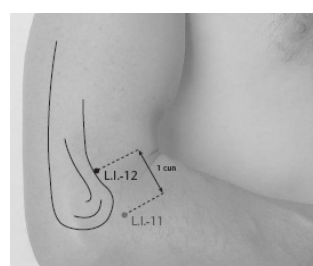
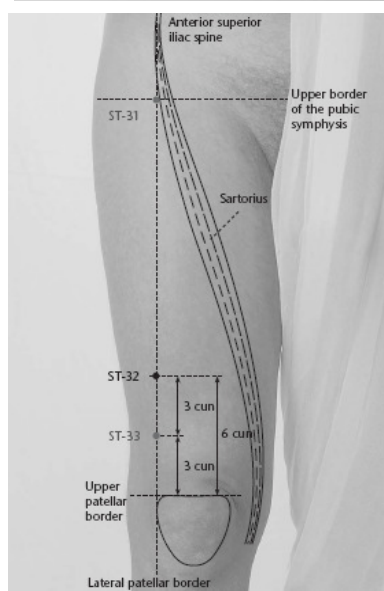
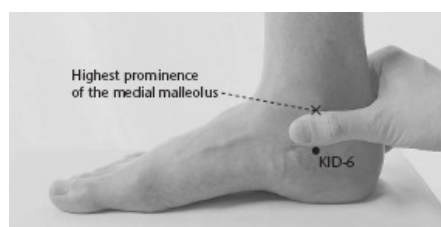
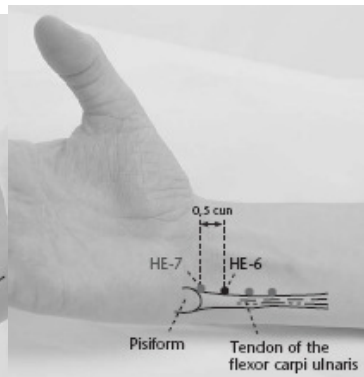
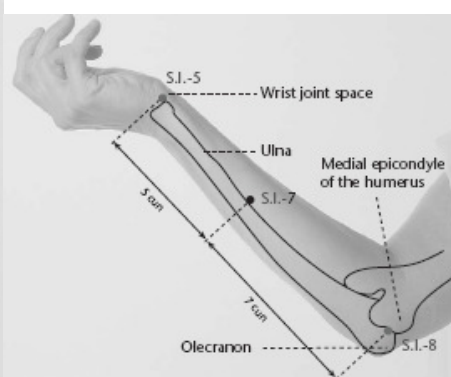
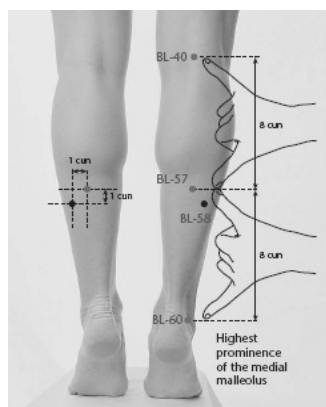
Here are some examples. Diseases of the meridian of hand-*TaiYin* can be treated through needling the points of spleen meridian of foot-*TaiYin*. The pain of *ShaoShang* can be treated through needling *YinBai* and vice versa; the pain at *TaiYuan* can be treated by needling *ShangQiu* and vice versa; the pain at *ChiZe* can be treated by needling *YinLingQuan* and vice versa. The treatment of diseases of the hand-*YangMing* and foot-*YangMing* meridians can also follow the same principle. The pain at *XianGu* can be treated through needling *HeGu*; the pain at *YangXi* (LI 5) can be treated through needling *JieXi* (ST 41); and *ShouSanLi* and *ZuSanLi* can be used in the same

way. The heart meridian of hand-*ShaoYin* and the kidney meridian of the foot-*ShaoYin* are the same. The pain at *TongLi* can be treated by needling *TaiXi* and vice versa. So are the *TaiYang* meridians. The pain at *HouXi* can be treated by needling *ShuGu* and vice versa. In this way, the correspondent points can be selected to treat each other.

The following are some more examples: *ZhongZhu* (SJ 3) and *ZuLingQi* (GB 41) can be selected to treat each other, and *WaiGuan* (SJ 5) and *XuanZhong* (GB 39) can also be selected to treat each other. The general pattern to follow is to select *Jing*-well point for *Jing*-well point, *Ying*-spring point for *Ying*-spring point, *Shu*-stream point for *Shu*-stream point, *He*-sea point for *He*-sea point, or finger tip for toe tip, wrist for ankle, and elbow for knee.

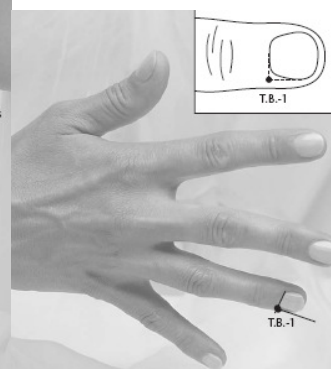
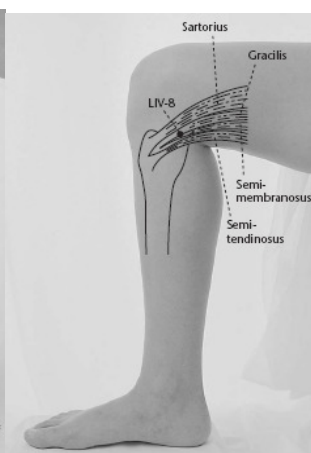
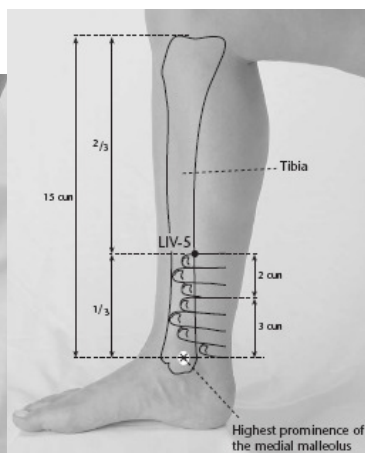
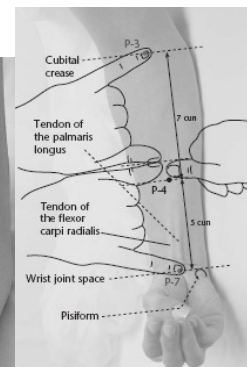
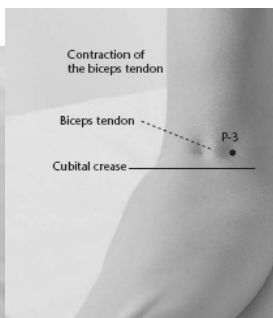
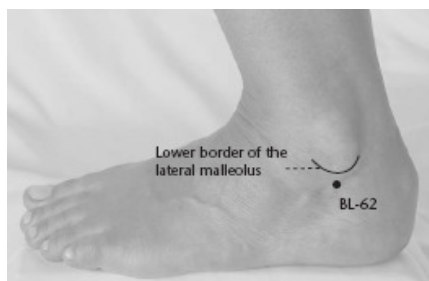
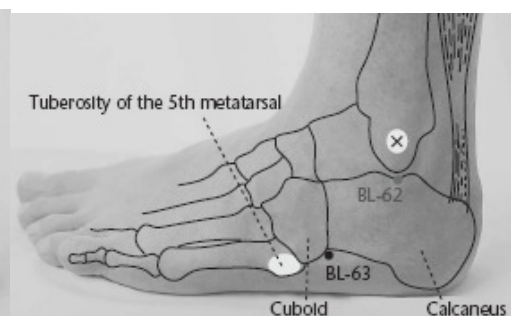
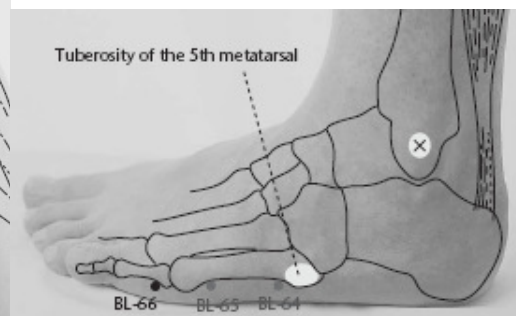
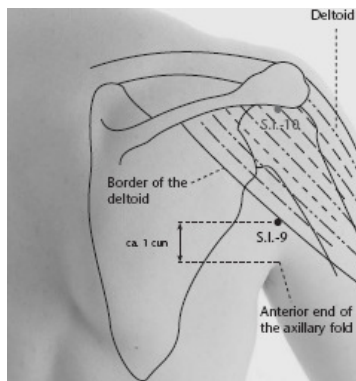
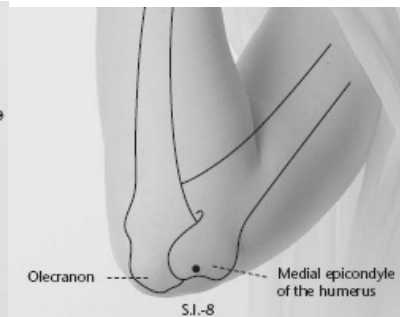
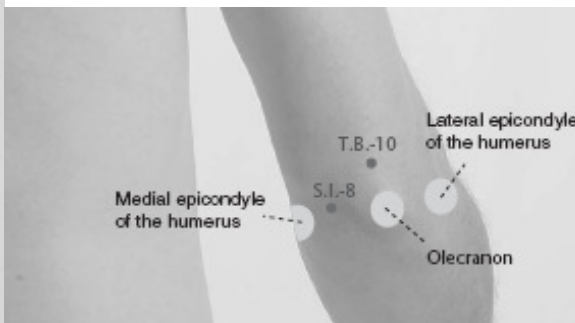
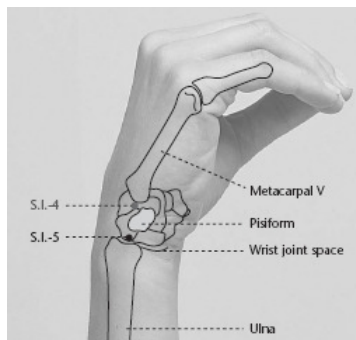


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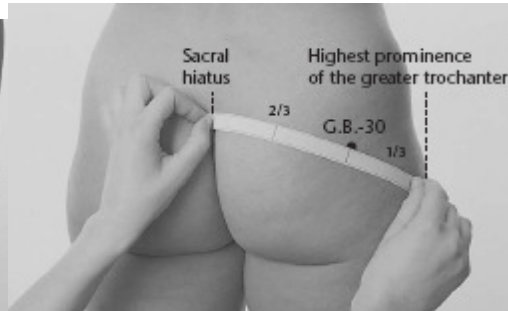
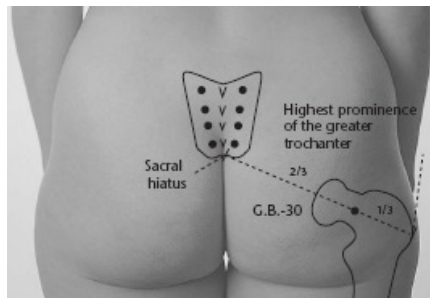
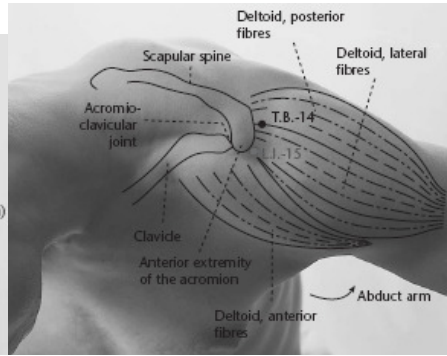
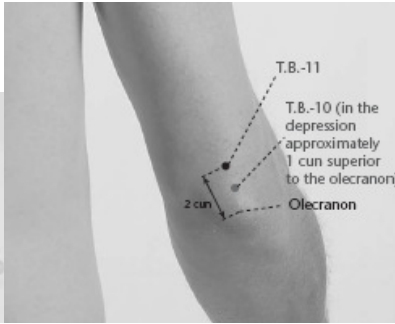
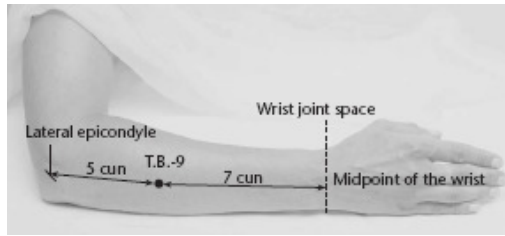


The application of such correspondence between the hand and foot can even be enlarged to the treatment of not only the diseases of the upper and lower limbs but also the internal diseases or other diseases. For example, *HeGu* and *TaiChong* are all indicated in eye diseases; *ZhongZhu* and *ZuLingQi* are all indicated in ear disease; *LieQue* and *ZhaoHai* (KI 6) are all indicated in throat diseases; *NeiGuan* and *SanYinJiao* are all indicated in diseases of the heart and chest; *ShouSanLi* and *ZuSanLi* are all indicated in gastro-intestinal diseases; *WeiZhong* and *QuChi* are all indicated in diseases of the lower back; *ShenMen* (HT 7) at the wrist and *DaZhong* (KI 4) at the ankle are all indicated in dementia; *YinXi* (HT 6) and *FuLin* are all indicated in night sweating; *ZhiZheng* (SI 7) of the small intestine meridian of the hand-*TaiYang* and *FeiYang* (BL 58) are often selected together to treat vertigo; *YuJi* (LU 10) and *GongSun* (SP 4) are all indicated in stomach diseases and infantile malnutrition; *ShaoZe* (SI 1) can promote lactation and *ZhiYin* (UB 67) can correct malposition of fetus, and they are all indicated in gynecological diseases; and *XuanZhong* (GB 39) and *WaiGuan* (SJ 5) are all indicated in neck sprain, etc. Such application will make acupuncture treatment more flexible and convenient.

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The correspondence between the same-named meridians of hand and foot is listed as follows:

The Lung Meridian of Hand- <i>TaiYin</i>	The Spleen Meridian of Foot- <i>TaiYin</i>
<i>ShaoShang</i> (LU 11) <i>YuJi</i> (LU 10) <i>TaiYuan</i> (LU 9) <i>LieQue</i> (LU 7) <i>ChiZe</i> (LU 5)	<i>YinBai</i> (SP 1) <i>TaiBai</i> (SP 3) <i>ShangQiu</i> (SP 5) <i>SanYinJiao</i> (SP 6) <i>YinLingQuan</i> (SP 9)
The Large Intestine Meridian of Hand- <i>YangMing</i>	The Stomach meridian of Foot- <i>YangMing</i>
<i>ShangYang</i> (LI 1) <i>HeGu</i> (LI 4) <i>YangXi</i> (LI 5) <i>ShouSanLi</i> (LI 10) <i>QuChi</i> (LI 11) <i>ZhouLiao</i> (LI 12) <i>BiNao</i> (LI 14) <i>JianYu</i> (LI 15)	<i>LiDui</i> (ST 45) <i>XianGu</i> (ST 43) <i>JieXi</i> (ST 41) <i>ZuSanLi</i> (ST 36) <i>DuBi</i> (ST 35) <i>LiangQiu</i> (ST 34) <i>FuTu</i> (ST 32) <i>BiGuan</i> (ST 31)
The Heart Meridian of Hand- <i>ShaoYin</i>	The Kidney Meridian of Foot- <i>ShaoYin</i>
<i>ShaoFu</i> (HT 8) <i>ShenMen</i> (HT 7) <i>TongLi</i> (HT 5) <i>ShaoHai</i> (HT 3)	<i>RanGu</i> (KI 2) <i>ZhaoHai</i> (KI 6) <i>TaiXi</i> (KI 3) <i>YinGu</i> (KI 10)
The Small Intestine Meridian of Hand- <i>TaiYang</i>	The Bladder Meridian of Foot- <i>TaiYang</i>
<i>ShaoZe</i> (SI 1) <i>QiangGu</i> (SI 2) <i>HouXi</i> (SI 3) <i>WanGu</i> (SI 4) <i>YangGu</i> (SI 5) <i>YangLao</i> (SI 6) <i>ZhiZheng</i> (SI 7) <i>XiaoHai</i> (SI 8) <i>NaoShu</i> (SI 10)	<i>ZhiYin</i> (BL 67) <i>TongGu</i> (BL 66) <i>ShuGu</i> (BL 65) <i>JinMen</i> (BL 63) <i>ShenMai</i> (BL 62) <i>KunLun</i> (BL 60) <i>ChengShan</i> (BL 57) <i>WeiZhong</i> (BL 40) <i>ChengFu</i> (BL 36)
The Pericardium Meridian of Hand- <i>JueYin</i>	The Liver Meridian of Foot- <i>JueYin</i>

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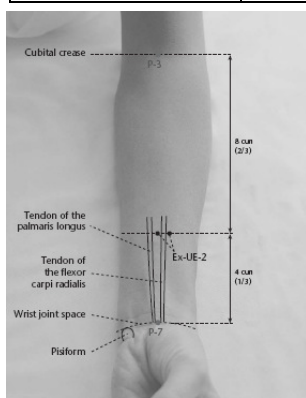
<i>ZhongChong</i> (PC 9)	<i>DaDun</i> (LR 1)
<i>LaoGong</i> (PC 8)	<i>TaiChong</i> (LR 3)
<i>DaLing</i> (PC 7)	<i>ZhongFeng</i> (LR 4)
<i>XiMen</i> (PC 4)	<i>LiGou</i> (LR 5)
<i>QuZe</i> (PC 3)	<i>QuQuan</i> (LR 8)
The <i>SanJiao</i> Meridian of Hand- <i>ShaoYang</i>	The Gallbladder Meridian of Foot- <i>ShaoYang</i>
<i>GuanChong</i> (SJ 1)	<i>ZuQiaoYin</i> (GB 44)
<i>ZhongZhu</i> (SJ 3)	<i>ZuLingQi</i> (GB 41)
<i>YangChi</i> (SJ 4)	<i>QiuXu</i> (GB 40)
<i>WaiGuan</i> (SJ 5)	<i>XuanZhong</i> (GB 39)
<i>SiDu</i> (SJ 9)	<i>YangLingQuan</i> (GB 34)
<i>QingLengYuan</i> (SJ 11)	<i>FengShi</i> (GB 31)
<i>JianLiao</i> (SJ 14)	<i>HuanTiao</i> (GB 30)

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The Medium Taiji (Holography Grade 2)

The medium *Taiji* is also known as holography grade 2. It takes the wrist and ankle as the core (*Taiji*), covering the fingers and toes, and the forearm and the middle section of the leg. It is listed as follow:

Correspondent Location	Head	Chest and epigastrium (back)	Umbilicus	Lower abdomen (lower back)	External Genitalia
Hand	Finger	Palm	Wrist	Forearm (distal part)	Forearm (middle part)
Foot	Toe	Dorsum of foot	Ankle	Leg (distal part)	Leg (middle part)



The application of the theory was often used in ancient acupuncture (see Acupuncture Songs). Many of the applications are related to holography.

The examples are listed as follows:

<i>GuanChong</i> (SJ 1)	Ear	<i>QiaoYin</i> (GB 44)
<i>DaGuKong</i> (Extra)	Eye	<i>XingJian</i> (LR 2)
<i>ErJian</i> , <i>SanJian</i> (LI 2, 3)	Throat	<i>TaiChong</i> (LR 2), <i>TaiBai</i> (SP 3)
<i>LaoGong</i> (PC 8)	Heart and Chest	<i>YongQuan</i> (KI 1)
<i>YuJi</i> (LU 10)	Stomach	<i>GongSun</i> (SP 4)
<i>WanGu</i> (SI 4)	Waist and Navel	<i>ZhongFeng</i> (LR 4), <i>KunLun</i> (BL 60)
<i>NeiGuan</i> (PC 6)	Lower Abdomen	<i>SanYinJiao</i> (SP 6)
<i>ErBai</i> (Extra)	Anus	<i>ChengShan</i> (BL 57)



In the correspondence of medium *Taiji* (holography grade 2) introduced above, *TaiXi* corresponds to the kidney and is therefore often selected to treat renal colic. *ShuiQuan* (KI 5) corresponds to *TianShu* (ST 25) at the navel, and is therefore often used by ancient doctors to treat delayed menstruation (*TianShu* is also a point of indication in *BiJing* – amenorrhea). *ZhiGou* (SJ 6) and *ChengShan* (BL 57) correspond to the sacrococcygeal area and are therefore indicated in constipation and coccygeal pain.

According to the holography of grade 1 and 2 that often appears in classical literature, the application of points for common diseases are listed as follow:

Location of disease	Most Commonly Used Point
Head and Face	<i>HeGu</i> (LI 4)
Eyes	<i>HeGu</i> (LI 4) , <i>TaiChong</i> (LR 3)
Throat	<i>ShaoShang</i> (LU 11), <i>HeGu</i> (LI 4), <i>ZhaoHai</i> (KI 6), <i>TaiChong</i> (LR 3)
Chin	<i>YangGu</i> (LI 5), <i>XiaXi</i> (GB 43)

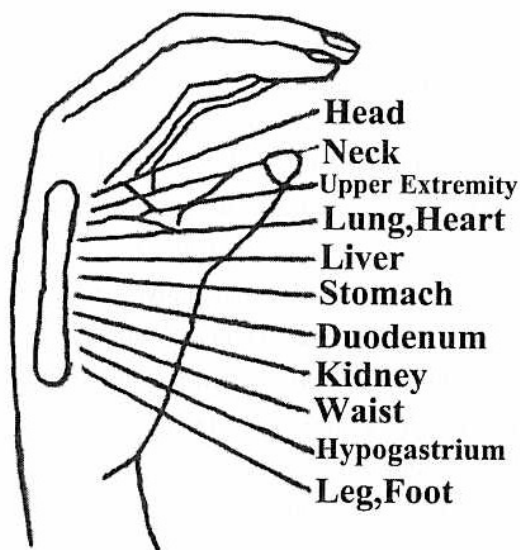
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Neck	<i>ChengJiang</i> (Ren 24), <i>HouXi</i> (SI 3), <i>SuGu</i> (BL 65)
Chest	<i>DaLing</i> (PC 7), <i>NeiGuan</i> (PC 6), <i>YongQuan</i> (KI 1), <i>JianShi</i> (PC 5)
HypoChondrium	<i>ZhiGou</i> (SJ 6), <i>YangLingQuan</i> (GB 34), <i>WanGu</i> (SI 4)
Abdomen	<i>ZuSanLi</i> (ST 36)
Navel	<i>YinLingQuan</i> (SP 9), <i>QuQuan</i> (LR 8), <i>ZhongFeng</i> (LR 4)
Urinary Organs	<i>YinLingQuan</i> (SP 9), <i>SanYinJiao</i> (SP 6), <i>DaDun</i> (LR 1)
Women's Disease	<i>SanYinJiao</i> (SP 6)
External Genitalia	<i>SanYinJiao</i> (SP 6), <i>DaDun</i> (LR 1)
Anus	<i>ChengShan</i> (BL 57), <i>BaiHui</i> (Du 20), <i>ErBai</i> (Extra)
Shoulder	<i>ZhongZhu</i> (SJ 3), <i>ZhiGou</i> (SJ 6)
Waist (Lower Back)	<i>WeiZhong</i> (BL 40), <i>KunLun</i> (BL 60)

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The Minor Taiji

In case of subdivision of the hand, arm, foot and leg, each part is related to the whole body and can be used to treat diseases of the whole body. According to the theory of holography, any minor part of the body, including the head, is a miniature of the whole and has the points corresponding to the different parts of the body respectively.



For instance, the radial side of the second metacarpal bone can be divided into small regions respectively corresponding to the hand, upper energizer, middle energizer, lower energizer and external genitalia. Starting from the root of the finger to the root of the palm where the trapezium is, there locate the points respectively corresponding to the head, neck, upper limb, lung, liver, stomach, duodenum, kidney, waist, lower abdomen, leg and foot. The ulnar side of the fifth metacarpal bone also has the same correspondence.

Regarding to the division of small parts, from metacarpophalangeal joints (head) to carpometacarpal joints is originally divided into 3 parts, the upper, middle, and lower. The upper part corresponds to the head, heart and lung. The middle part corresponds to the spleen, stomach, liver and gallbladder. The lower part corresponds to the kidney, bladder and lower limbs. Later, the 3 parts were developed into 11 points. Their

locations are as follow: the midpoint between the point Head, and Leg and Foot is Stomach; the midpoint between Stomach and Leg and foot is Waist; the midpoint between the Head and Stomach is Heart and Lung; the distance between Head, and Heart and Lung is divided into 3 equal parts: connecting point of the upper one-third and middle one-third is Neck, the connecting point of the middle and lower one-third is Upper Limb; the midpoint between Stomach, and Heart and Lung is Liver. The distance between Liver and Waist is then divided into 3 equal parts, the connecting point between the upper and middle one-third is Duodenum; the connecting point of the middle and lower one-third is Kidney; the midpoint between Waist and Leg and Foot is Hypogastrum. The division of other parts of the body such as upper arm, forearm, thigh and leg also follows the same principle.

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However, I have to point out that:

1. Each point should be considered as a small area that includes the corresponding locations and organs. For example, point Head includes head, eyes, ears, nose, mouth and teeth, etc.; point Neck includes neck, throat, thyroid gland, trachea, etc.; point Leg includes leg and knee; and point Foot includes foot, ankle and toe.
2. The terminal end of each part is the starting point of another part that can be selected to treat diseases of both parts, besides, each part also has both consequent and reverse correspondence.



Distribution of Tung's extraordinary points is very much based upon biological holography. Master Tung emphasized that all the local points could treat diseases of the whole body. Though he divided the whole body into 12 therapeutic regions, each of them can be used to treat diseases of the whole body. In his clinical treatment, it was often the patients that decided to select points on either hand or foot. The points of the same therapeutic category are located on both upper and lower limbs. The examples are *ZhiWuJin* 指五金 (11.08), *ShouWuJin* (33.08) and *ZuWuJin* (77.25), and *ZhiSiMa* 指驷马 (11.07), and *ZuSiMa* (88.17.18.19). Moreover, one group of points may also imply the significance of holography. For instance, *LingGu* (22.05) and *DaBai* (22.04) are often selected to warm *Yang* and supplement

Qi and their indications almost cover the whole body. Their therapeutic effect is so high that the other points cannot compare. Point *DaBai* overlaps *SanJian* that is the point of large intestine meridian and point *LingGu* is located between *HeGu* and the junction of the first and second metacarpal bones. Simultaneous selection of the two points covers the location of the *Yuan*-source and *Shu*-stream points. From the point of view, *DaBai* dominates the upper energizer and *LingGu* dominates the lower energizer. Besides, the two points are needled deeply, penetrating through all the three energizers transversely and perpendicularly, and thus the therapeutic effect.

Another example is point *WuHu* that has five points distributing from the fingertip to the palm, respectively known as *WuHuYi*, *WuHuEr*, *WuHuSan*, *WuHuSi* and *WuHuWu*. Master Tung used to select this point to treat swelling of joints. Actually, the location and indication of the points imply holographic significance. *WuHuYi* is often selected to treat finger pain, palm pain and tenosynovitis. *WuHuSan* is often needled to treat pain of toes. *WuHuEr* is mainly used to enhance the therapeutic effect of *WuHuYi* and *WuHuSan*. *WuHuSi* is used to treat pain of the dorsum of foot. *WuHuWu* is needled to treat heel pain.

Furthermore, some groups of points on the thigh and leg are indicated in disorders of the whole body. For example, *SiMaHuang* (88.18), *SiMaZhong* (88.17) and *SiMaXia* (88.19) are indicated in diseases of the lung system; *TianHuang* (88.13), *MingHuang* (88.12), and *QiHuang* (88.14) are indicated in liver diseases; *ShenGuan*, *RenHuang* and *DiHuang* are indicated in disorders of renal system. The meeting point (lowest point of each part and the utmost point of the connected one) is indicated in diseases of both the corresponding upper and lower. For example, *LingGu* can be selected to treat both heel pain and dizziness, and *QuChi* can be needled to treat both dizziness and knee pain.

In the point-coupling technique, Master Tung often selected 2 or 3 needles puncturing together in row, and the method implies the significance of correspondence in holography, the points on the thigh in particular, which are often used to treat disorders of internal *ZangFu* organs. For example, *SiMaShang*, *SiMaZhong* and *SiMaXia* are indicated in diseases of the lung system; *TongGuan*, *TongShan* and *TongTian* are indicated in diseases of the heart system; *MingHuang*, *RenHuang* and *QiHuang* are indicated in liver diseases; and *TongShen*, *TongWei* and *TongBei* are indicated in diseases of the kidney. It can be seen that the upper point is indicated in diseases of the upper, the middle point is indicated in diseases of the middle and the lower point is indicated in diseases of the lower. The therapeutic effect of such integral correspondence is quite prominent.

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Now let's see the holographic distribution of the head. It was expounded early in Chapter 49 of *LingShu*. It is considered that the tip of the nose is taken as the center (*Taiji*), corresponding to the head and face; the midpoint between the eyebrows corresponds to the lung and the point slightly above it corresponds to the throat; the midpoint between the eyes corresponds to the heart; the midpoint of the nasal spine corresponds to the liver; the tip of the nose corresponds to the spleen; the ala nasa corresponds to the stomach; the lateral side of the point Liver corresponds to the gallbladder; the area below the zygoma and cheek corresponds to the large intestine (directly between the outer canthus); the area from the zygoma to the cheek corresponds to the kidney (it level with the lower border of the nose)

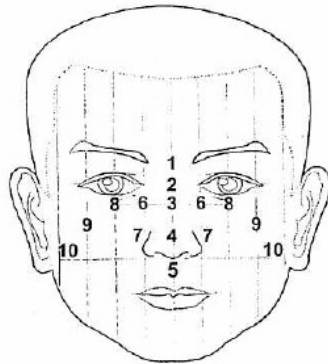


Illustration 8

1. Lung 2. Heart 3. Liver 4. Spleen 5. Urinary bladder and uterus
6. Gallbladder 7. Stomach 8. Small intestine 9. Large intestine 10. Kidney

According to the holographic correspondence, *RenZhong* is often clinically selected to treat pain of the spine and lumbus; *JuLiao* (ST 3) (corresponding to *ShenShu* [BL 23]) is often selected to treat diseases of the lumbus; *MaiJinShui* (which is located below the zygoma and corresponds to the kidney and lumbus) is often selected to treat lower back pain and renal stone; *DuiDuan* (Du 27) is often selected to treat diseases of the urinary system; and *YinTang* (Extra) is often selected to treat insomnia with its sedative function, etc.

Each part of the body has both consequent and reverse correspondence, so does the head. As shown, the area below *ChengJiang* corresponds to the throat; mouth corresponds to the heart; *RenZhong* corresponds to the esophagus; nose corresponds to the stomach; the area around the eye corresponds to the kidney; forehead corresponds to the intestines; and the top of forehead corresponds to the bladder and uterus.

Clinically, this kind of correspondence could be used in observation and treatment of diseases. Areas 13 and 26 correspond to bronchus; areas 11 and 24 corresponds to lungs, and needling *ShuiJin* (1010.20) and *ShuiTong* (1010.19) obliquely downward and subcutaneously through zygoma (from the bronchus to the lung) is very effective for cough and asthma; in case of pulmonary tuberculosis, deficiency of *Yin* of the lung and heat in the lung, there may appear redness in areas 11 and 24, the areas below zygoma; in case of asthmatic breathing, there may appear bluish color in the areas 13 and 26; the lips correspond to the heart, and pathological changes of the heart often change the color of the lips such as white in case of blood deficiency and purple in case of blood stasis; area 10, the tip of the nose, corresponds to the stomach, and brandy nose suggests damp heat in the stomach; areas 9 and 22, the zygomatic areas, correspond to the liver and spleen, and there may appear brown patches in these areas in case of damp in the liver and spleen or disharmony of the liver and spleen; areas 6 and 19 at the orbit correspond to the kidney, and dark color around the eyes suggests kidney deficiency, and edema of the eyelids suggests nephritis; area 5 corresponds to the transverse colon and lumbus, and needling *JingMing* (BL 1) and *ZanZhu* (BL 2) can treat lower back pain, and this therapeutic effect is based upon not only the meridian system but also holography.

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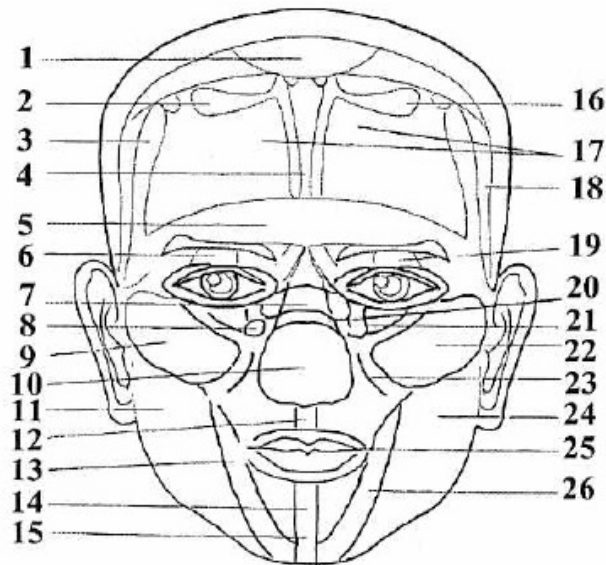


Illustration 9

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|---------------------------------|---------------------------------|------------------------|
| 1. Urinary Bladder and Uterus | 2. Right Ovary and Right Testis | 3. Ascending Colon |
| 4. Ureter | 5. Transverse Colon | 6. Right Kidney |
| 7. Pancreas | 8. Right Adrenal Gland | 9. Liver |
| 10. Stomach | 11. Right Lung | 12. Esophagus |
| 13. Right Bronchus | 14. Thyroid Gland | 15. Throat |
| 16. Left Ovary and Right Testis | 17. Small Intestine | 18. Descending Colon |
| 19. Left Kidney | 20. Duodenum | 21. Left Adrenal Gland |
| 22. Spleen | 23. Diaphragm | 24. Left Lung |
| 25. Heart | 26. Left Bronchus | |

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Chapter Three

Diseases of ZangFu 脏腑疾病

For treating *ZangFu* organ diseases, I want first to introduce some general points. I will try to help you grasp the mechanism and therapeutic methods for various kinds of diseases in this limit period, and meanwhile, grasp the principles of point's selection as well. What will be introduced in this paragraph will give you a general understanding of a disease and its therapeutic methods in the shortest time. If you have profound research on some diseases, you will know more about point applications. Of course the therapeutic effect will be better. The more properties of points you are able to grasp, the deeper understanding of the points you will know, the better therapeutic effect there will be. Considering this, it will take more time to give further explanation. I will try to explain the therapeutic principles in this lecture even though the time is limited.

Cardiac Diseases 心脏病

Angina Pectoris

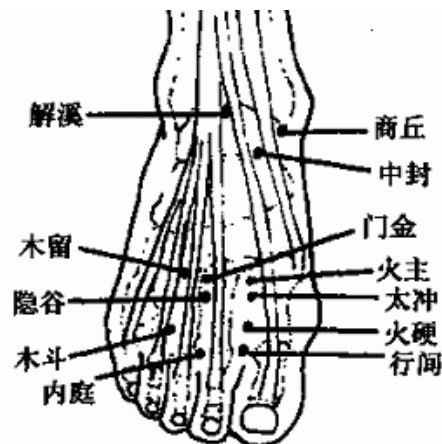


A syndrome characterized by paroxysmal, constricting pain below the sternum, most easily precipitated by exertion or excitement and caused by ischemia of the heart muscle, usually due to a coronary artery disease, as arteriosclerosis.

1. *TongGuan* (88.01), *TongShan* (88.02)
2. It will bring a fairly good therapeutic effect by pricking *HuoBao* 火包 (55.01) to induce bleeding. 火包穴, 三棱针点刺放出黑血, 有特效。
3. It will bring a fairly good therapeutic effect by pricking a place around the cubital crease located at *QuZe* (PC 3) and *ChiZe* (LU 5).
4. *TianZong* 天宗 (44.10) and *DiZong* 地宗 (44.09)
5. *HuoZhu* (66.04) and *HuoYing* 火硬 (66.03)

The most commonly used points Master Tung selected for treating cardiac diseases are *TongGuan* and *TongShan*. The most commonly used point from the fourteen meridians is *ZuSanLi*. The reason is the son could strengthen the mother. Also because the stomach

communicates with the pericardium and the *He-sea* points for treating viscera's diseases, thus *ZuSanLi* could be applied to treat cardiac diseases. It is a very good idea to combine *NeiGuan* and *ZuSanLi* for treating cardiac diseases. *TongGuan* and *TongShan* are both points often used by Master Tung, which are both on the stomach meridian and the function of these two points are exerted because of the stomach communicating with the pericardium. *FuTu* (ST 32) is between *TongGuan* and *TongShan*. *ZhenJiuDaCheng* says *FuTu* is the confluence of the blood vessel. Therefore, *FuTu* is a very good



point for regulating cardiac blood circulation. Because the stomach communicates with the pericardium and *FuTu* is the confluence of blood vessel, this point could bring a very good therapeutic effect in treating cardiac disease by considering treating the vessel by needling the vessel and treating the heart by needling the vessel.

The place where *TianZong* and *RenZong* 人宗 (44.10) are located stout muscle. If the arm rotates forwardly, the hardness could be avoided. These two points are located on the lung meridian. It is easier to insert a needle alongside the blood vessel when the arm is rotated; if not, it will be difficult to insert the needle. In classic books,

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it recorded that needles were forbidden in this place. According to my opinion, maybe it is because thick needles were used at that time, and therefore susceptible to injuring blood vessels and nerves. This point is close to the artery, therefore, it can regulate blood circulation according to the theory of treating vessels by using vessels. Meanwhile, the heart is closely related to blood vessels, thus this point can be applied to treat cardiac diseases, even for bringing back a life.

The chief therapeutic property of *HuoYing* is to strengthen heart and can be applied to coma. Sometimes when *RenZhong* and *NeiGuan* were applied without bringing back consciousness, by stimulating *HuoYing* consciousness could be brought back, so as *TaiChong*. *HuoZhu* can treat paralyses of the heart. Both *HuoYing* and *HuoZhu* can treat cardiac diseases. Underneath *HuoYing* and *HuoZhu* there is the *Chong* meridian. The theory of treating the vessel by stimulating the vessel and treating the heart by stimulating the vessel, and the location of *HuoZhu* is same as *TaiChong* and the meridian where *TaiChong* bears the same name of Pericardium meridian of hand *JueYin*. Those are the reasons for why *HuoZhu* has the function of strengthening the heart. Another saying: recent research proves that coronary artery spasm could not only induce angina pectoris but is also one of reasons for acute myocardial infarction and sudden death. TCM classifies blood vessel as aponeurosis (*i.e. to change to tendon*). Chapter 44 of *SuWen* states liver dominates aponeurosis. In chapter 5, 19 and 3 of the same book, there are records about aponeurosis. Liver dominates aponeurosis which composes tendons, thus in the TCM field, there is a perception of liver dominating aponeurosis. Liver and heart are closely related. Aponeurosis spasm will be included if liver *Qi* is stagnated due to liver *Yang* deficiency or emotional disturbance. Hence, heart vessel spasm will occur too. This is one of the reasons why *HuoZhu* and *HuoYing* from the liver meridian have the therapeutic effect. Because blood circulation could be regulated by following the theory of treating the vessel by stimulating the vessel, therefore the heart could be treated by following the theory of treating heart by stimulating the vessel. *HuoYing* and *HuoZhu* work better than *RenZhong* in more conditions as first aid. When there is acute coma, and *RenZhong* and *NeiGuan* can't bring back consciousness, puncture *TaiChong* or *HuoYing* or *HuoZhu*, the consciousness will be brought back. This is a very good example for the application of five element theory.

Acupuncture clinics could be better helped if extra studying is applied to chapter 51 of *SuWen* and chapter 7 of *LingShu*. According to my own study, Master Tung used chapter 51 and chapter 7 frequently, though he never said it clearly. After my study to his knowledge, I'd like to summarize his essence and present it to the public. If we know the mechanism, the applications of his points will be improved. Each of Master Tung's points has a profound reason. Not only in South Korea, but also China and USA, Master Tung's points are widely known. At present, plenty of people think that Master Tung's points and points from the fourteen meridians are two separate equal systems. In fact, the theory of Master Tung's points is a very complete system. At the beginning of the lecture, I've already explained it by applying extraordinary connection of *ZangFu*, *YiJing* and the theory of Open, Close and Pivot. *TianZong* and *RenZong* are very good points for strengthening the heart so that they can be used to treat cardiac diseases. *HuoYing* and *HuoZhu* also have the function of strengthening heart. The application of all those points is based upon the body parts correspondence.

For treating angina pectoris and myocardial infarction, *HuoBao* could be applied. The Chinese name of *HuoBao* makes people think of pericardium which is *XinBao* in Chinese. The location of *HuoBao* is underneath the second toe on through extraordinary connection of *ZangFu*. This point is very near the *Jing*—well point, thus it has the function of first aid. The therapeutic effect will be very good if bleeding method is applied. Here I tried to display the explanation and supplement to the function and mechanism of each point. After this lecture, *DaXing* Medical Press will publish what is taught in this lecture for your reference. If you can understand the property of each point, it will benefit your clinical practice. We are looking forward to its publication and providing you with a lot of reference.

For acute angina pectoris, our ancestors like to prick the cubital crease to induce bleeding for first aid. I also bleed this place. By inducing more bleeding in this place it could release pain and promote blood circulation. It is a good method to help patients with coronary arteriosclerotic heart disease and myocardial infarction by either puncturing or pricking. There are many patients who should have received an operation but didn't because of the acupuncture treatments. Many patients got cardiac diseases in their fifties, but the acupuncture and bleeding

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treatments, they are still very healthy in their eighties, even in their nineties. We've cured many patients completely who had cardiac diseases. When myocardial infarction or acute pectoris angina occurs, the above mentioned methods could be followed. Usually puncture *NeiGuan* and *ZuSanLi*, or *TongGuan* and *TongShan*. In addition, prick one of the points from two groups to induce some bleeding about once every 10 days: one group includes *SiHuaZhong* and *SiHuaWai*, another group includes *ChiZe* and *QuZe*. With 3 or 4 months such treatment, patients will feel very good; for severe condition, it may take longer period.

For prevention of hyperlipemia (*i.e. excessive amounts of fat and fatty substances in the blood; lipemia*) and myocardial infarction (*i.e. heart attack*), food therapy is advisable and important. The best food is Jew's ear, and garlic would decrease blood lipid. It is better to eat raw garlic. Cut the garlic and eat it after oxidation which brings a better effect. There is no effect if garlic's cooked. Some TCM physicians would like to add 15 g or 20 g Jew's ear in the prescription for treating coronary cardiac disease which could increase the therapeutic effect. In the herbal prescription, *GuaLou* (Fructus Trichosanthis) and *XieBai* (Bulbus Allii Macrostemis) are used the most. If the pathological condition is severe, *XueFuZhuYuTang* (Decoction for Removing Blood Stasis in the Chest) is a very good formula. *GuoLouXieBaiTang* (Decoction of Trichosanthes and Allium) works very well for regulating *Qi* circulation and resolving phlegm, but weak in regulating blood circulation. For enhancing blood circulation *SiNiSan* (Powder for Treating Cold Limbs) and *DanShen* should be added. *SiNiSan* formula is good at regulating *Qi*. If *ShaoYao* is replaced by *ChiShao*, the blood circulation could be enhanced. If *DanShen* added, the function of strengthening blood circulation is enhanced. Nowadays, more and more people suffer from hyperlipemia and high cholesterol. The basic treatment for those people is to regulate diet, after which the blood lipid will decline. *DanShen*, *ShanZha* (Fructus Crataegi), *ChiShao*, *JueMingZi* (Semen Cassiae) and *ZeXie* (Rhizoma Alismatis) and other herbs work very well for decreasing cholesterol. *ChuanXiong* and *GeGen* added will bring a better effect in decreasing blood lipid. In addition *WuMei* and *CuChaiHu* (Radix Bupleuri prepared with vinegar) added on the base of this prescription to treat fatty liver.

Stomach distention (Distending sensation occurring inferior to heart) 心下胀

1. *XinMen* 心门 (33.12) 针心门
2. *TongGuan* 通关(88.01) and *TongShan* 通山(88.02) with effect 针通关、通山亦有效。

Patients suffering with stomach distention sometimes will have difficulty to explain clearly their symptoms. There is a term of inferior to heart recorded in *ShangHanLun* which refers to stomach. For treating common stomach disease, Master Tung usually prick *SiHuaZhong* to induce bleeding, then puncture *TongGuan* and *TongShan*. These points treat stomach distention fairly well. *NeiGuan* is also an effective point. If combined with *ZuSanLi* it also will create a better effect. As well, *MenJin* is a good point for stomach distention.

Tachycardia 心跳过速 (*i.e. excessive rapid heartbeat*)



1. *XinChang* 心常(11.19) with good effect.
2. *XinMen* 心门 (33.12) with good effect. 心门有特效。
3. *TongGuan* 通关(88.01) and *TongTian* 通天(88.03) with effect. 针通关，通天亦有效。
4. *SiHuaZhong* (77.09) and *SiHuaWai* (77.14), prick to induce bleeding with effect. 四花中、外，点刺放血亦有效。
5. *SanChaSan* point (A.04)
6. Prick ear apex to induce some bleeding with effect.

Same as palpitation, *XinChang* is a commonly used point for tachycardia which is on the middle finger. *XinChang* brings a very good therapeutic effect for treating palpitation, arrhythmia, and abnormal heart beating. *XinMen* is also a good point for palpitation. *XinChang* and *XinMen* are effective points for arrhythmia. For tachycardia, besides *XinChang* and *XinMen*, *ChaSan* is another often used point.

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TongGuan, *TongShan* and *TongTian* are also good. If pathological condition is severe, prick *SiHuaZhong* or ear apex to induce bleeding.

XinChang and *XinMen* can also be used for bradycardia (i.e. a slow heartbeat rate, usually less than 60 beats per minute). *TongGuan*, *TongShan* and *TongTian* have the same function as well. *NeiGuan* and *ZuSanLi* are effective too.

Cardiac Paralysis 心脏麻痹

1. *QuLing* 曲陵 (33.16) with pricking method to induce bleeding brings a very good effect. 曲陵放血极有效。
2. *SiHuaZhong* 四花中 (77.09) with bleeding method brings a very good effect. 四花中、外，放血亦佳。
3. *HuoBao* (55.01) with pricking method to induce bleeding brings a fairly good effect.
4. *HuoYing* (66.03) and *HuoZhu* (66.04) with effect.
5. *DiZong* (44.09) with effect.

The difference between heart paralysis and angina pectoris is the severity of pathological condition. When pathological condition becomes severe, angina pectoris will turn to heart paralysis. It is very clearly recorded in the book of "Points Study" that there are many points which can treat heart paralysis. Among those previously mentioned points: *TianZong* (44.10), *RenZong* (44.08) and *DiZong* (44.09). *DiZong* is the most frequently used one. *HuoYing* and *HuoZhu* are also commonly used points for heart paralysis. Both of them have the function of strengthening heart. Pricking method to induce bleeding to *HuoBao* brings a very good effect. Pricking the area where *QuZe* and *ChiZe* could achieve good effect as well. *ZhongChong* with bleeding technique will bring fairly good effect. When first aid given to wind stroke, prick *ZhongChong* as a key point for rescue, next prick *ShaoShang* to induce bleeding. As we know that the thumb is correspondent to the head, for treating mental diseases, points on the thumb, for example, *ShaoShang*, usually are pricked. Because thumb moves most frequently and closely relates to cerebral neuron, and middle finger is directly related to pericardium, thus, *Jing*-well point of pericardium meridian is pricked. Master Tung usually used *LingGu* and *DaBai* for treating hemiplegia, *MuHuo* on the middle finger is also often used. About *MuHuo* will be explained in details when treatment of wind stroke is introduced.

Cardiac Pain 心口痛（心侧痛）（风湿性心脏病）

1. *TongGuan* 通关 (88.01), *TongShan* 通山 (88.02) and *TongTian* 通天 (88.03). 通关、通天、通山。
2. *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) with pricking method to induce bleeding bring fairly good effect. 四花中、副，点刺出血亦佳。

Pain on both sides of heart 心两侧痛（血管硬化）

1. *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花副 (77.14) with pricking method to induce bleeding will bring a fairly good effect. 四花中、副，点刺放出紫黑色血。

Precordial pain and pain on both sides of heart could be treated by puncturing *TongGuan*, *TongShan* and *TongTian*. *SiHuaZhong* and *SiHuaWai* with pricking method to induce bleeding will bring a fairly good effect too. *NeiGuan* and *ZuSanLi* also work well. For severe condition, pricking method should be applied.

Myocarditis 心肌炎 (i.e. inflammation of the myocardium)

1. *XinMen* 心门 (33.12) 针心门
2. *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03)
3. Prick ear apex.
4. Prick *SiHuaZhong* (77.09) and *SiHuaWai* (77.14) to induce bleeding.

It is not rare to see myocarditis; especially many youth suffer from myocarditis, manifested in stuffy chest, unsmooth breath, or even arrhythmia. After enquiry, we know that those patients have common cold before myocarditis occurring. Many patients' myocarditis can be considered as after effect of common cold. Heat is

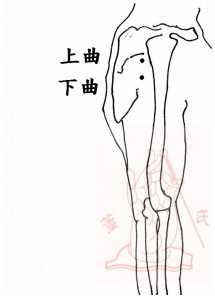
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injured, though the common cold cured, the after effect remains: stuffy chest or unsmooth breath or arrhythmia. On considering herbal medicine, combined formulas of *ShengMaiSan* and *ZhiGanCaoTang* is very good. It is very effective to puncture *XinMen*. Combination of *NeiGuan* and *ZuSanLi* is very good too.

Liver and Gallbladder Diseases 肝胆病

Hepatocirrhosis 肝硬化

any of various progressive diseases of the liver, characterized by death of liver cells, irreversible fibrosis, etc; caused by inadequate diet, excessive alcohol, chronic infection, etc



1. Prick *SiHuaZhong* (77.09) and *SiHuaWai* (77.14) to induce bleeding, and then puncture 三黄 *MingHuang* (88.12), *QiHuang* (88.14) and *TianHuang* (88.13). 肝俞点刺出血，再针上三黄。
2. Prick *ShangQu* 上曲(44.16) to induce bleeding, and then puncture *GanMen* 肝门 (33.11) and *MingHuang* 明黄 (88.12). 上曲用三棱针点刺放血，再针肝门，明黄。

Hepatitis 肝炎

inflammation of the liver, caused by a virus or a toxin and characterized by jaundice, liver enlargement, and fever

1. *GanMen* 肝门(33.11) and *MingHuang* 明黄(88.12) bring a fairly good effect for acute and chronic hepatitis. The therapeutic result will be better if *ChangMen* 肠门 (33.10) is combined. 针肝门、明黄，不论急性、慢性，均有特效，加针肠门更佳。

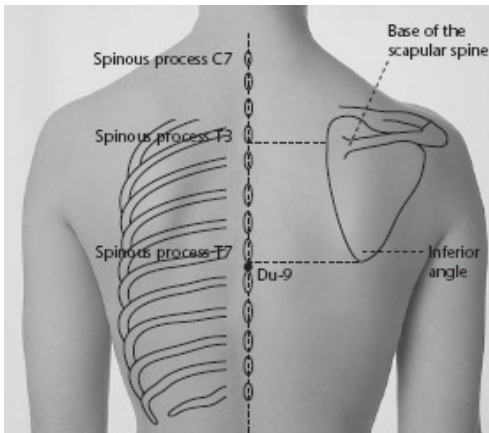
For acute hepatitis, *GanMen* could be punctured first. Combination of *GanMen* and *ChangMen* is mainly applied. I've treated many patients with hepatitis. Some patients only have herbal treatment without needles; some patients only have acupuncture treatment without medicine; some receive both medication and acupuncture treatments. The best acupuncture treatment is the combination of *GanMen* and *ChangMen*. Among points from the 14 meridians, *WanGu* is the most frequently used point which is *Yuan*-source point of Small Intestine Meridian. TCM considers that small intestine communicates with spleen. Spleen could resolves dampness; small intestine could also remove dampness, as an official separating clear water from the turbid. Both of them are important points for resolving dampness. Because both *GanMen* and *ChangMen* are located on the Small Intestine Meridian, the underlying reason for application of those two points is same as the one for application of *WanGu* treating jaundice and hepatitis; next, location of *GanMen* is on the middle of arm which is corresponding to Middle Energizer in arm holography, thus it is very good at treating disorders occurring in the Middle Energizer.

When I was in Taiwan, there is a saying among colleagues that a doctor will not be considered as an internal medical doctor if he can't cure liver and kidney diseases properly. Taiwan is surrounded by the sea in a semitropical area. The climate is very humid and hot which is liable to attack liver and kidney. Meanwhile, Chinese don't pay enough attention to food hygiene and there are too many peddlers; in addition, no disposable chopsticks, thus liver diseases were often seen. Nowadays the public sanitary condition is better. Kidney diseases will be induced if food is too salty. On considering ENT diseases, a doctor is not considered as a good doctor if he is incapable of curing rhinitis. There is a tendency that more and more people are suffering from rhinitis. People who drink more cold water can easily accumulate hidden cold fluid. In winter, the external cold may induce the internal cold fluid which may flare and rise upward resulting in nasal diseases. Modernized people like to eat cold, raw food such as ice cream which is available all year around. Also with air conditioning everywhere, it is very easy to induce rhinitis by the cold air. This indicates an important reason for the occurrence of allergic rhinitis resulting from stimulation by polluted air to respiratory tract. A gynecological doctor is not considered a

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good doctor if she does not have the ability to cure infertility. In the neuro-department, a neurologist is not considered good if he is not competent in treating spur.

Many patients I have treated with acute hepatitis by using a very good empirical prescription which my students also have applied to cure many patients. Ingredients include *YinChen* (Herba Artemisiae Scopariae), *PuGongYing* (Herba Taraxaci), *XiaoJi* (Herba Cirsii), *ZeLan* (Herba Lycop), *YuJin* (Radix Curcumae), *DaZao*, *CheQianZi* (Semen Plantaginis), *HuaShi* (Talcum), *GanCao*, *DanShen*, and other herbs. Although not so many herbs are included but extremely good results has been achieved. Many patients were cured by using this prescription. Some patients' GOT and GPT mounts to thousand units, but test results show a drop of 300 or 400 in one week



with the help of this prescription. Dosage of the prescription: *YiChen* 40-50 g, *PuGongYing* 15-25 g, *XiaoJi* 15g, *ZeLan* 15g, *YuJin* 15g, *DaZao* 4 pieces, *CheQianZi* 25g, *HuaShi* 15g, *GanCao* 5g, *DanShen* 15g. After one week use of decoction, the index will drop from one thousand to about 300; at least 500 degree could be dropped. With two weeks treatment, the index will reach 200 or within 100. Most patients' index will drop within 100 with about two weeks' of treatment. About three weeks, it will drop to about 30, which is about normal. Essentials from the *JinGuiYaoLue* says jaundice will be cured within two to three weeks' treatments if it is appropriate; but if the pathological condition became worse after 10 days' treatments, it will be difficult to cure the disease since the pathogen is predominant but anti-pathogen is weak, such as fulminant hepatitis.

Without knowing other puncturing methods, it will take about 3 weeks to cure acute hepatitis completely by applying *GanMen* and *ChangMen*. About acupoints from the fourteen meridians system, for acute hepatitis, *WanGu* and *ZhiYang* (Du 9) mainly applied; for chronic hepatitis, *GanMen* is added; possibly add *MingHuang*, *QiHuang* and *TianHuang*.

It is fairly difficult to treat hepaticirrhosis, try to prick *SiHuaZhong* and *SiHuaWai* to induce bleeding, add *MingHuang*, *QiHuang* and *TianHuang* or *MuDou* (66.07) and *MuLiu* (66.06).

Cholecystitis 胆囊炎

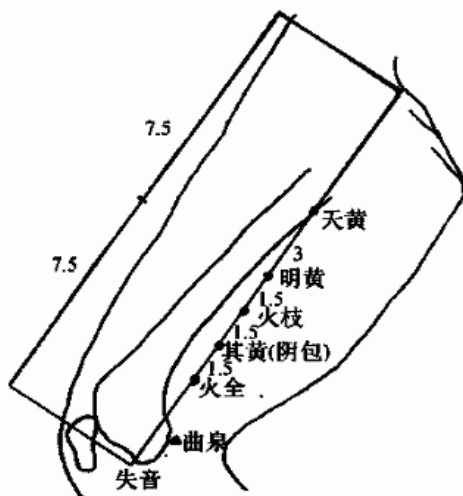


图8-3 大腿内侧

1. *HuoZhi* 火枝(88.15), *HuoQuan* 火全(88.16), and *QiHuang* (88.14).
2. *MuZhi* (1010.18)
3. *QiLi* (A.01) and *JiuLi* (88.25, 26, 27)
4. *Hand-MenJin* (66.05)

Cholecystitis can be easily developed nowadays because people are fond of delicious food. The gallbladder colic pain may radiate to the back when acute cholecystitis attacks. Several groups of points could be applied for this symptom. First one includes *QiLi* and *JiuLi* with point coupling technique and it brings good therapeutic effect for cholecystitis and biliary colic. *HuoZhi* and *HuoQuan* on the leg, combining with *QiHuang* can also treat cholecystitis. In addition, *MuZhi* on the face is a commonly used point for cholecystitis. Among acupoints from the fourteen meridian systems, tenderness maybe felt on pressing the point *DanNangXue* (Extra) below *YangLingQuan* when cholecystitis attacks, then puncture the tender point. *XiaBai* mentioned previously is also a very good point for cholecystitis and gallbladder colic pain.

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For treating cholecystitis, same as Master Tung, I also use *HuoZhi*, *QiHuang* and *HuoQuan* or *MuZhi*. Meanwhile, I discovered *QiLi* and *JiuLi* or *Hand-MenJin*. With regard to herbal formulation, commonly used is *DaChaiHuTang* (Major Bupleurum Decoction) with modification.

*Cholilithiasis*胆石痛

1. *MuZhi* 木枝 (1010.18) with special effect. 针木枝穴特效。
2. It will bring a better effect if *XiaBai* (22.07) or *JiuLi* (88.25, 26, 27) is added.

The most commonly used point for pain induced by gallbladder stone is *MuZhi*. Other points are also effective, such as *QiLi*, *JiuLi*, *XiaBai* and *DanNangXue*. *DaChaiHuTang* plus *JinQianCao* (Herba *LySimachiae*), *JiNeiJin* (Endothelium Corneum *Gigeriae Galli*) and *YuJin* (Radix *Curcumae*) are also good.

*Pulmonary Diseases*肺病

Pulmonary emphysema (Distention and stuffy sensation in the lung area) 肺部胀闷 (肺气肿)

1. Pricking *SiHuaZhong* 四花中(77.09) and *SiHuaWai* 四花外(77.14) to induce bleeding is effective. 四花中、外穴三棱针点刺，出血立舒。

*Pneumonia*肺炎

1. *ChongZi* 重子(22.01) and *ChongXian* 重仙(22.02) 针重子，重仙、大白
2. *DaBai* 大白 (22.04) with pricking method.
3. *QuLing* (33.16) with pricking method.
4. *TuShui* (22.11).

Bronchitis (cough) 支气管炎 (咳嗽)

1. *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) have special effect. 针水金、水通特效。

*Pulmonary tuberculosis*肺结核

1. Prick *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14), and then puncture *SiMa* 驷马 (88.17,18,19) 四花中、外穴点刺，再针驷马极效。

Firstly, we will address bronchitis, which takes cough as a chief symptom and can be divided into acute and chronic types. *ShuiJin* or *ShuiTong* is the best and most often used points for both acute and chronic bronchitis. Generally speaking, *ShuiTong* is enough with a technique of oblique insertion upward and subcutaneously. The area where this point is located and where the needle covers is corresponding to bronchus and the lung according to holography. Upward oblique insertion method is to insert from bronchus to the lung. It is a specially-effective point for treating cough. In addition, *YangMing* meridians of hand and foot connect with each other at this place. The Large Intestine meridian of Hand *YangMing* is externally and internally related to the Lung meridian, thus it can be used to treat lung disorders. Master Tung gave the name of *ShuiJin* to this point with a special significance. As we know, the respiration is fulfilled by the cooperation of the lung and kidney. Spleen is the earth which could produce metal. *Jin* means metal, referring to the lung which dominates descending; *Shui* means water, referring to the kidney which dominates reception. If lung fails in descending, it will bring difficult breath; if kidney fails in reception, there will be not enough *Qi*. Respiration is accomplished with a combined effort of the lung in descending and the kidney in reception. The nomination of *ShuiJin* is related to respiration. Both *ShuiJin* and *ShuiTong* can be used for dysfunction of *Qi* activity, including cough, asthma, belching, abdominal distention, profuse urination or unsmooth urination. *ShuiTong* could make water

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metabolism flow smoothly. Regardless of the type of *Qi* disturbance, *ShuiJin* or *ShuiTong* can help. *YuJi* or *ChiZe* can be used for cough and asthma.

It will bring a better therapeutic effect for treating cough in the treatment with a puncturing technique following four periods in a day. There are four seasons in a year; four periods in a day. *HuangDiNeiJing* has a statement of puncturing according to four periods in a day. The principle of acupuncture according to four seasons is to puncture *Ying*-spring points in spring, *Shu*-stream points in summer, *He*-sea points in autumn, and *Jing*-well points in winter. According to four periods in a day, it is to puncture *Ying*-spring points in the morning because morning is like spring, *Shu*-stream points at noon because noon is like summer, *He*-sea points in afternoon and evening because they are like autumn, *Jing*-well points at night because night is like winter. In short, puncture *Ying*-spring points in the morning, *Shu*-stream points at noon, *He*-sea points in the evening, and *Jing*-well points at night. But almost there is no one requiring acupuncture treatment at night. Patients are most probable to come before or after noon during day time. For treating cough, *YuJi* is punctured if patients come in morning; if they visit in the afternoon, add *ChiZe*. It is very effective for treating cough and asthmatic breath with *ShuiTong* and *ChiZe*. Because *ChiZe* is the *He*-sea point of lung meridian and *He*-sea points can relieve rebellious *Qi*, thus, *ChiZe* with a very good effect can be used for treating lung rebellious *Qi* causing cough. *ChiZe* is a water point of the lung meridian so that it can be applied for both lung and kidney diseases, which is another reason why *ChiZe* can achieve a very good effect for cough.

I explained the treatment relationship between cough and the five *Shu* points, and *ChiZe* could be applied for both lung and kidney. Chronic cough may influence lower energizer resulting in kidney deficiency, on considering this, lung metal and kidney water are both involved. Thus *ChiZe* as *He*-sea point of lung meridian can be punctured because the *He*-sea points can relieve rebellious *Qi*. There is rebellious *Qi* in each meridian. Rebellious *Qi* in the lung meridian manifests in cough. Rebellious *Qi* in the spleen meridian manifests in belching and diarrhea. Rebellious *Qi* in the liver meridian is hypertension due to hyperactivity of liver *Yang*. In stomach meridian, rebellious *Qi* manifest in vomit. *He*-sea points of each meridian can be applied for their own rebellious *Qi*. Regardless in what type of pathological condition, so long as it is rebellious *Qi* in the lung meridian, *ShuiJin* or *ShuiTong* and *ChiZe* will bring an effect. If patient only has a cough, *ShuiJin* or *ShuiTong* and *ChiZe* are more than enough; one more point could be added by puncturing according to four periods in a day. All those have been explained clearly in my books, entitled "*ZhenJiuJingWei*" and "*ZhenJiuWuShuXue*". If points are punctured based on considering time the therapeutic effect will be better and quicker.

For treating intercostals pain, puncture *YangLingQuan* and if time is considered when this point is punctured, the therapeutic effect will be better and quicker. *YangLingQuan* is a *he*-sea point which should be applied in autumn or evening from 3 PM – 9PM, then a better effect would occur. Same as treating cough, *YuJi* is added in the morning, *TaiYuan* added at noon, *ShaoShang* with pricking method at night, *ChiZe* better applied at 3-9 PM. But if time is not under consideration, *ShuiJin* or *ShuiTong*, combining with *ChiZe* will suffice.

Acute bronchitis could be treated by the method mentioned above. For chronic bronchitis, patients may have symptoms of kidney deficiency due to coughing for a long time. Patients with chronic bronchitis are more middle aged or older. Symptoms start in late autumn and last until next spring. The kidney should be nourished because of the deficient condition. Both *ShuiJin* and *ShuiTong* can nourish the kidney. If *ShenGuan* is added, it will be better. *Shen* means kidney. From the name of this point, we could see that it can nourish kidney. It also nourishes the spleen because the point is located on the spleen meridian. So *ShenGuan* can nourish both kidney and spleen. Spleen earth process lung metal. On considering this *ShenGuan* brings a very positive effect because it can treat not only earth, but also metal and water.

There are *GanJiang* (Rhizoma Zingiberis) and *WuWeiZi* (Fructus Schisandrae) in *XiaoQingLongTang* formula. *GanJiang* with a pungent flavor has the function of nourishing spleen. *WuWeiZi* with an astringent property, it has the function of nourishing kidney. One herb is pungent, the other is astringent; treating both the spleen and kidney, which is also a very important treatment principle for cough. For treating chronic bronchitis, *ShenGuan* is added which can nourish both kidney and spleen. At the beginning of *Qi* deficiency, it is a very good idea to add

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LingGu which has a strong function to nourish *Qi*. Not long ago, I read a book published in mainland China about single point application. It is said in this book that *HeGu* only has reducing function while not reinforcing which I find is a very strange concept. According to my experience, *LingGu* has a very strong function of nourishing *Qi* and kidney.

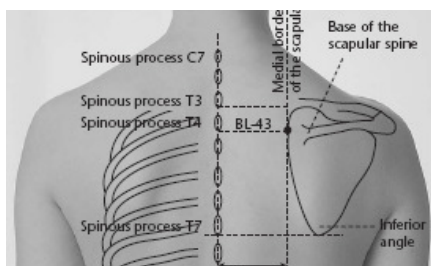
Asthmatic breathing 气喘

1. *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) with special effect. 水金、水通特效。
2. *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) with good effect. 大白、重子、重仙亦有效。
3. *TuShui* 土水 (22.11) with special effect. 土水穴特效。
4. Pricking *SiHuaZhong* (77.09) and *SiHuaWai* (77.14) achieving special effect.
5. Pricking *DaBai* 大白 (22.04) to induce bleeding is effective.
6. Pricking *QuLing* (33.16) to induce bleeding achieves good effect.

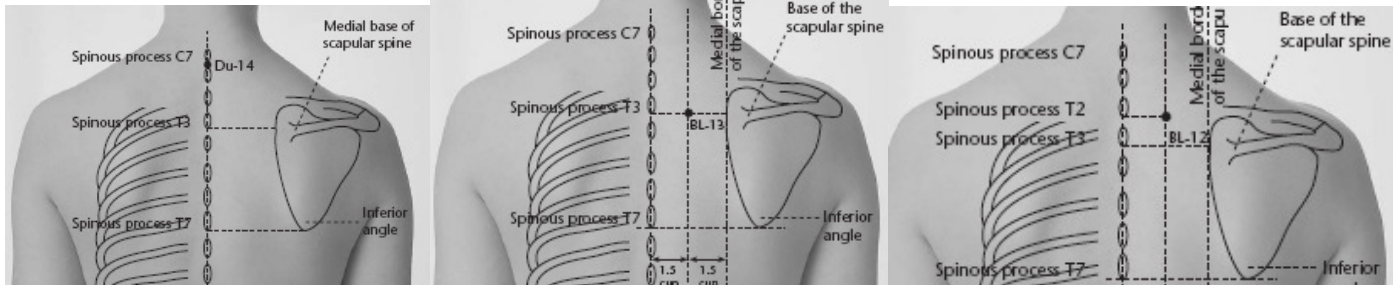
Asthmatic breath is a very commonly seen disorder. I've treated more than 10 patients with asthmatic breath. Many patients with severe pathological conditions were cured. They are very fortunate. If patients with asthmatic breath don't receive proper treatment, there will be a risk of death. *ShuiJin* or *ShuiTong* are the main points for treating asthmatic breath. *ChiZe* is a good point too, especially for chronic ones. When asthma occurs, *TuShui* should be punctured which equals to *YuJi*, treating earth, metal and water simultaneously. It is a good point to stop asthmatic breathing. For some patients, the asthmatic breathing will be stopped right after this point is punctured.

I'd like to share a real story of mine treating a patient with asthmatic breathing. Seven years ago I was in Taipei. I lived on the eighth floor while my clinic was on the third floor. One night, I went out for dinner, and when I returned, I met my neighbor and his son who was very pale with asthmatic breath. He had great difficulty in breathing. The father asked me whether I could treat this disease or not. I brought them to my clinic on the third floor and gave the son and immediate treatment. I punctured *YuJi* because this point can stop asthmatic breath immediately; if not, *NeiGuan* should be added. I punctured *YuJi* bilaterally. The asthmatic breathing stopped immediately, but I still punctured *NeiGuan* on one side and left in the needles in there for 30 minutes. One month later, this neighbor came for a visit and presented me with a gift, telling me that his son passed examinations for the best high school. He appreciated my help tremendously. His son had a history of asthma but had not had an attack for many years. The day when he had the attack, he was working very hard for the next day's examination. The asthma attacked him because of the stress and tension in working hard. If I hadn't given him the immediate treatment, he would have been sent to hospital for rescue, thus he could not pass the examination next day successfully. Then I forgot this event, but after three years, the father came with flowers to show his appreciation again and told me that his son passed exams for the best university. If three years ago, he failed to study in the best high school, he would not be allowed to study in the best university then. He was very grateful. *YuJi* which is the middle *TuShui* changed the boy's fate. Such university entrance examination is only help once a year. If students failed in this year, it will be more difficult in the next year, that's why they were so grateful.

It is a very good first aid method to help asthmatic breathing by acupuncture. For chronic condition *YuJi* should be punctured first. When there is no attack, puncture *ShuiTong* or *ChiZe* which will achieve a very good effect too. But if the therapeutic effect expected, needs to be improved and obtained quicker, bleed *ChiZe*. This is the best method



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which could eliminate underlying causes. Pricking *SiHuaZhong* and *SiHuaWai* to induce bleeding will produce the same function. Those two groups of points could be applied alternatively. Furthermore, bleeding some points on the back related to the lung meridian can achieve a good result as well. If it is too difficult to prick points on hands or feet due to fright or unskillful technique or failure of holding vein, select points on the back instead; if not enough blood is induced, put cups over those points to draw out more blood. The following points are frequently used: *DaZhui* (Du 14), *FeiShu* (BL 13), *FengMen* (BL 12) and *GaoHuang* (BL 43). In China, there is a physician named *WangXiuZhen* who brought good effect to patients with asthmatic breath by pricking *TaiYang* (Extra) to induce bleeding. The quantity of bleeding in the point is fairly large. Without acupuncture, but with bleeding method once every two weeks, asthmatic breath would be cured.

ShuiTong and *ChiZe* are very good for treating asthmatic breath with acupuncture technique; if *YuJi* added with bleeding technique once every 10 days, the patient could be cured completely after several months of treatment.

Here is another example of a successful case of treating asthmatic breathing. The patient had been treated for many years and was often sent to the emergency department. He was easily attacked with asthmatic breath. He was recommended to visit me. I applied those commonly used points for him as well: *ShuiTong*, *YuJi* and *ChiZe*. Sometimes I bled *ChiZe*, sometimes *SiHuaZhong* and *SiHuaWai*. This patient visited me often in winter when he had attacks.

In the TCM field, there is a principle of treatment which is to treat winter diseases in summer, i.e., it is easy to cure diseases in summer which tend to attack in winter. It is difficult to treat those winter diseases during cold days because the attack is easily induced and aggravated at that time. In winter, the patients had to use western medical inhalers several times a day. Anyway, these patients do not require the inhaler after several treatments and the patient had no recurring attacks again for many years, even in winter.

There are altogether five patients who were sent to the emergency room including the previous mentioned patient. After several years, others died, except him. He is still alive because he relied on TCM treatment. After treatments when he was sure that the diseases would not attack him again, he went back to the original western doctor and telling them: you said it is very difficult to cure asthma, but now look at me, I am completely cured. He was eating ice cream when he talked. Of course his eating behavior is improper.

There are many herbs which can cure asthma. *GeJie* (Gekko gecko Linnaeus) is a good medicine for asthmatic breathing. In the thirties of last century, there was a famous physician in Beijing name *ShiJinMo*. In *SiChuan* province, he was very surprised to see a lot of people pulling or carrying heavy things without shortness of breathe even when they ran, because they had the tail of *GeJie* in their mouth. *BenCaoBeiYao* (Essential Preparation of Herbs) has the same saying. Medical function will be improved if *GeJie* prepared into powder or decoction was eaten. *ZhuDanXi* said *JiaoMu* (Fructus *Zanthoxylum bungeanum* Maxim) could be applied for asthmatic breathing which achieves a good therapeutic effect. When I treat asthmatic breathing, I differentiate whether it is cold or heat type. According to my experience, the cold type is often seen. Modification of *XiaoQingLongTang* formula is most often used.

Treat winter diseases in summer is to treat winter diseases in the hottest period in midsummer which include 30-40 days after summer solstice. In those days, *YinQi* is hidden because of predominant *YangQi*. That period is the most suitable time to treat diseases of *Yin* predominance and *Yang* deficiency. The hot weather could help to

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penetrate the medical function of moxibustion or paste into the root. Points selected include: *DaZhui*, *FengMen*, *FeiShu* and *GaoHuang*. Moxibustion could be used first and then herbal paste. Herbal paste consists of *BaiJieZi* (Semen Sinapis Albae), *YanHuSuo* (Rhizoma Corydalis), *GanSui* (Radix Kansui, Euphorbia Kansui) and *XiXin* (Manchurian Wildginger root). First, prepare into granulated powder and mix them with *SheXiang* (Musk) or without. Use ginger juice to make the paste, fix the paste on the points with tape until skin becomes red or even blisters induced to enhance the function of expelling cold and resolving phlegm. Remove it after 4-6 hours. If the red skin lasted for several days or 2-3 weeks, the therapeutic effect would be better. If blisters were induced, put some anti-inflammation ointment to avoid infection. Many patients will not suffer from asthma in the coming winter after such treatment. Many patients with chronic bronchitis and asthma will never have such diseases attacking for the rest of their life if they could have continuous treatment for 1-3 years. The effective rate is higher than 90%. With the help of herbal paste, many patients' body constitution obviously improved and it reduces the risk of them to catch cold easily, thus this method has the function to strengthen body constitution too.

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Spleen and Stomach Diseases 脾胃病

Stomach Disease 胃病

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) to induce bleeding has special effect. 四花中、外穴点刺出血，再针通关、通山特效。
2. Pricking *SiHuaShang* (77.08) to induce bleeding has fairly good effect.
3. Pricking *TongGuan* 通关 (88.01) and *TongShan* 通山 (88.02) to induce bleeding and then puncturing them has fairly good effect.

Stomach Ulceration 胃穿孔（胃溃疡）

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* (77.14) has special effect. 四花中、外穴点刺出血，再针通关、通山特效。
2. Pricking veins from *JieXi* (ST 41) to *MenJin* (66.05) has good effect.

Acute Stomachache 急性胃痛

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* (77.14) has special effect, combination of two points brings a better effect. 四花中点刺特效。
2. *TuShui* 土水 (22.11). 针上土水穴。

Duodenum Ulceration 十二指肠溃疡

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) has special effect. 四花中、外、点刺特效。
2. Pricking veins from *JieXi* 解溪 (ST 41) to *MenJin* (66.05) has good effect. 解溪穴附近点刺亦效。

For treating acute stomachache, *SiHuaZhong* with pricking method could stop the pain immediately. Last year when I was giving a lecture in Los Angeles, there was a student who had severe stomachache. It was so severe that even his asthma was induced. If it were simple the stomachache by puncturing *LiangQiu* would stop the pain because *LiangQiu* is the *Xi*-cleft point of stomach meridian. *Xi*-cleft points have the function of checking acute pain related to their own meridian. But after puncturing, though his pain reduced, it still remained. He had stomach problems for long time, so I pricked *SiHuaShang* (77.08) to induce some bleeding. As soon as a bit blood oozed out, he felt his stomach felt much better. He had no pain as soon as he was pricked. His asthmatic breath was alleviated too. The next week when he came for the lecture again, he said he had no stomachache and the asthma was much better too and he didn't need to use an inhaler or other medicine after.

Some old acupuncturists retained needles longer for *NeiGuan* and *ZuSanLi* which also could treat chronic stomachache and asthmatic breath. Pricking to induce bleeding is a very effective therapeutic method and obtains a quick result. Mild stomach diseases will be cured by acupuncture treatment. If it is still not completely cured, then prick *SiHuaZhong* (77.09) and *SiHuaShang* (77.08) to induce bleeding, the pain could be stopped immediately. Besides, *TuShui* is also a good point for treating stomachache. When there is cold invasion to stomach, there will be a lot of veins visible around *TuShui*. The acute stomachache I mentioned here includes ulceration in the duodenum and stomach. According to the differentiation, ulceration in duodenum and stomach can be categorized into both the spleen and stomach deficiency and cold, disharmony between liver and stomach, dampness and heat accumulation in the spleen and stomach, stomach *Yin* deficiency and *Qi* retention and blood stagnation. But according to clinical experience, the spleen and stomach are mostly involved. Modification of *HuangQiJianZhongTang* (Decoction of Astragalus for Tonifying Middle Energizer) is the most often used formula for ulceration occurring in digestive system.

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Profuse stomach acid 胃酸过多

1. *TianHuang* 天皇(77.17) and *ShenGuan* 肾关(77.18) 针天皇、肾关。
2. *TongTian* 通天 (88.03) and *TongWei* 通胃(88.10) 针通天、通胃。

TianHuang and *ShenGuan* may bring fairly good effect for profuse stomach acid. *TongTian* and *TongWei* are good points too. Acid regurgitation has similar symptoms as those of stomachache, but also has reverse flow of stomach acid. *TianHuang* and *ShenGuan* are also main points for acid regurgitation which may bring good therapeutic effect. About herbal medicine, a lot of people like to use *WuZeiGu* (cuttlefish bone), *ZheBei* (Bulbus Fritillariae), *WaLengZi* (Concha Arcae) and other herbs related to the condition. My own experience is to add *WuMei*, *ShanZha* which are better than *WuZeiGu*, *ZheBei* and *WaLengZi*. Because they have the function to astringe and soothe the liver, both treat the branch and root.

Vomit 呕吐

1. Pricking *ZongShu* 总枢 (1010.07) has special effect. 总枢穴点刺特效。
2. Pricking *SiHuaZhong* 四花中(77.09) has fairly good effect. 四花中点刺亦有效。
3. Puncturing *ShuiJin* 水金(1010.20) and *ShuiTong* 水通(1010.19) has effect. 针水金、水通亦有效。

The most effective method is to prick *ZongShu* to induce bleeding. It is also possible to prick *FengFu* (Du 16) to induce bleeding. If there is apprehension of using three edged needle and a blood extraction needle, a small needle can be replaced, although the quantity of bleed induce is small, the vomit could be stopped too. This method is an application of "correspondence between the front and back".

Regurgitation 翻胃

1. Puncture *TianHuang* 天皇 (77.17) and *ShenGuan* 肾关(77.18). 针天皇、肾关
2. Prick *ZongShu* 总枢 (1010.07) to induce bleeding. 总枢穴点刺出血。

What's regurgitation? Here is an example. Those people who do not exercise will have unsmooth breath, nausea, and even vomit after over exertion in exercises. That's regurgitation. For this problem, bleed *ZongShu* or *FengFu* which is 0.2 *cun* above the previous point. These two points also can be bled for treating nausea and vomiting. *SiHuaZhong* with bleeding technique also works for the symptoms.

Among the 14 meridians, the most effective meridian for vomit is the pericardium meridian. There are many points from the pericardium meridian that can be applied for vomiting. The most effective one is *JianShi*. Vomiting is a kind of *Qi* rebellion and vomiting makes a loud sound. *JianShi* is *Jing*-river point, pertains to metal which is related to voice and *Qi*. This is because *Jing*-river points should be selected for vocal pathological changes. In addition, because the pericardium communicates with the stomach, points on the pericardium meridian can be applied for vomiting, such as *DaLing*, *LaoGong* and *NeiGuan*. *FengFu* or *ZongShu* can treat vomiting because of the "correspondence between the front and back" (mouth and occiput).

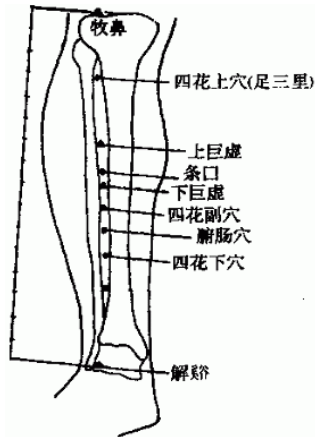
Gastritis 胃炎

1. *MenJin* 门金(66.05) 针门金
2. Prick *SiHuaShang* (77.08)
3. *TongGuan* (88.01) and *TongShan* (88.02)

Gastritis is manifested in stomachache and frequent vomiting. *MenJin* is often used for those symptoms. There are various kinds of stomach diseases, such as ulceration in duodenum and the stomach. For treating these conditions, Master Tung always used *SiHuaZhong* with pricking method to induce bleeding, and then puncture *TongGuan* and *TongShan*. For treating stomach diseases, Master Tung first used pricking method, and then puncturing method.

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Poor Appetite 食欲不振



1. *LingGu* 灵骨 (22.05)
2. *SiHuaShang* 四花上 (77.08)
3. *MenJin* (66.05)

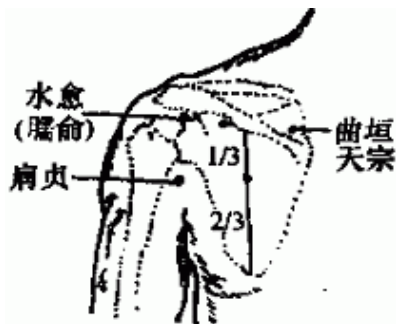
It brings good effect by puncturing *LingGu* for poor appetite. Other fairly good points include *ZuSanLi* and *MenJin*. The location of *SiHuaShang* is same as *ZuSanLi*. For treating ulceration in the duodenum and stomach, Master Tung often pricked the dorsum of the foot to induce bleeding. Prick *SiHuaZhong*, *SiHuaWai* and the dorsum of the foot where more veins are present.

Splenomegaly 脾肿大

1. Puncture *MuDou* 木斗 (66.07) and *MuLiu* 木留 (66.06). 针木斗，木留
2. Prick *SanChong* 三重 (77.07) to induce bleeding. 针三重穴

MuDou and *MuLiu* are good at treating not only splenomegaly (i.e. enlargement of the spleen) but also hepatocirrhosis. *SanChong* also could be applied for splenomegaly. The locations of *MuDou* and *MuLiu* are between the stomach and the gallbladder meridians. They are especially good at treating diseases due to liver and spleen disharmony. If pathological condition is severe, it is better to prick *SiHuaZhong* and *SiHuaWai* to induce bleeding.

Kidney and Urinary Bladder Diseases 肾、膀胱病



Nephritis 肾炎 (inflammation of kidney)

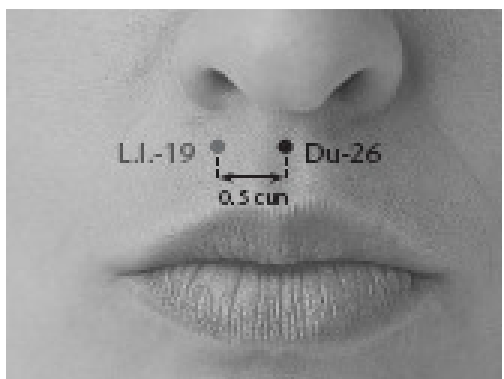
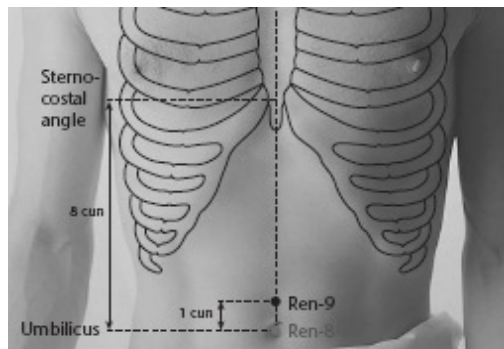
1. Puncturing *TongShen* 通肾 (88.09), *TongWei* 通胃 (88.10) and *TongBei* 通背 (88.11) may bring fairly good effect. 针通肾、通胃、通背甚效。
2. Prick *ShuiYu* 水俞 or 水俞 (44.17) with three edged needle to induce yellow fluid. 水俞，三棱针刺出黄水。

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Edema 水肿

1. Puncture *TongTian* 通天 (88.03) for edema leg. 针通天。(治腿肿)
2. Puncture *TongShen* 通肾 (88.09), *TongWei* 通胃 (88.10) and *TongBei* 通背 (88.11) for treating edema of the face and the entire body. 针通肾、通胃、通背。(治脸肿全身肿)

Acute nephritis is manifested in edema of the face and body. *TongShen*, *TongWei* and *TongBei* can be applied for treating acute nephritis. All those points which are on the spleen meridian have the function to nourish both the spleen and kidney. It is in accordance with the principle of nourishing earth to check water. *TongShen*, *TongWei* and *TongBei* are the most commonly used points for edema with a very good effect. Those points also could be used for chronic nephritis. In Master Tung's original book, he said not to use those six points at the same time,



but according to my experience, it still brings a good effect if those six points punctured at one time. Of course, it is the best that fewer points could bring a better effect. If only the leg is swollen, which is related to heart, puncturing *TongGuan* and *TongShan* brings effect. When I treat leg edema, I often combine *SiHuaShang* and *TianHuang*. Such combination plays an extremely good function that the edema could be removed by promotion of urination. Among points from the 14 meridians, *ZuSanLi* and *YinLingQuan* are often used to sooth and promote *Qi* in Foot *YangMing* and *TaiYin* meridians, in order to strengthen the spleen and stomach *Qi* to maintain a normal water metabolism, and this in accordance with nourishing earth to check water, and thus both the spleen and kidney are treated. According to records in ancient lyrics, *ShuiFen* (Ren 9) is the most frequently used point for edema, thus it is better to treat the diseases related to water if *ShuiFen* is added. *ShuiGou* (Du 26) could be added if there is edema on the face. Edema in acute nephritis is due to a fight between wind and water. *YuePiJiaZhuTang* (Decoction for Strengthening the Spleen to relieve Edema) or modified *JingFangBaiDuSan* (Antiphlogistic Powder of Schizonepetae and Ledebouriellae) could be applied for acute nephritis. Modification of Formulas of *ZhenWuTang* (Decoction for Strengthening the Spleen-Yang) and *FangJiHuangQiTang* (Tetrandrae and Astragalus Decoction) is for chronic nephritis more often due to water overflow because of *Yang* deficiency.

Renal Calculus 肾结石



1. Puncture *MaJinShui* 马金水 (1010.13) 针马金水穴

MaJinShui is punctured for both acute and chronic renal calculus. The therapeutic effect will be better if *MaKuaiShui* 马快水 (1010.14) added with point coupling technique. *XiaBai* (22.07) is effective in checking colic pain induced by renal calculus. Puncturing *MaJinShui* and *XiaBai* alongside bone is very effective for treating renal colic pain, because the place where *MaJinShui* is located is corresponding to the kidney; because it is on the Triple Energizer (*SanJiao*) Meridian and the kidney communicates with the triple energizer, that's why *XiaBai* can be applied for kidney diseases. Meanwhile *XiaBai* is located on the palm at the level of *LingGu* and *WanShunEr*. According to holography, they all

indicate kidney and lumbar diseases. The therapeutic effect will be better if they are punctured alongside the bone for kidney diseases.

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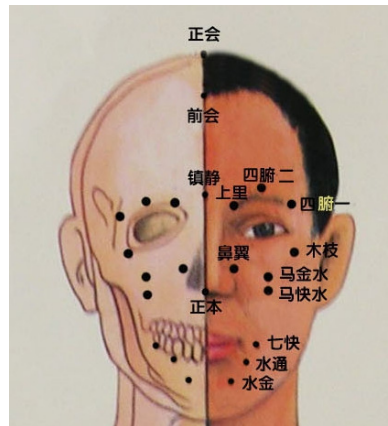
Cystolithiasis 膀胱结石

1. Puncture *MaKuaiShui* 马快水 (1010.14) 针马快水

Urethral Calculus

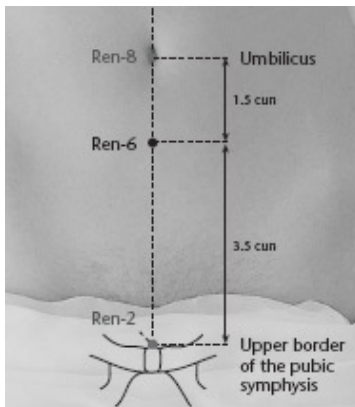
1. Puncture *LinKuai* 六快 (1010.16) and *QiKuai* 七快 (1010.17)

Dysuria



1. *TianHuang* (77.17) and *SiHuaShang* (77.08)
2. *HuoZhu* (66.04) and *HuoYing* (66.03)

Symptoms of cystolith are similar to those of cystitis and urethritis, including painful urine, dysuria, and radiation pain toward bladder, perineum and both sides of the thigh, accompanied with pale complexion, nausea, vomiting and cold sweat. Puncturing *MaKuaiShui* and *MaJinShui* is effective. If the symptoms of



cystolith include urgent, frequent and painful urination with gravels, puncture *LinKuai* and *QiKuai*. Besides *XingJian* and *TaiChong* can be applied for dysuria, because the liver meridian winds around the external genitalia. The liver meridian is effective for treating painful syndromes in the external genitalia. Because the locations of *HuoYing* and *HuoZhu* are near *XingJian* and *TaiChong* and also on the liver meridian, those two points have the therapeutic effect as well. For treating dysuria due to senile prostate gland enlargement, puncturing *TianHuang* – *YinLingQuan* and *SiHuaZhong* – *ZuSanLi* will bring a best effect. It will be better if *HuoZhu* (puncture alongside bone) added. *YinLingQuan* is a water point in the spleen meridian which pertains to earth, having the function of nourishing both the spleen and kidney. *ZuSanLi* is genuine earth on the earth meridian, having a very good function of nourishing *Qi*. Both of them are *He-sea* points, strong in

regulating *Qi*. *HuoZhu*, on the liver meridian, has a soothing function; if this point is punctured alongside the bone, the kidney can be treated. Most of the patients with prostate gland enlargement are result of Kidney *Qi* deficiency. Those points are very effective. TCM classifies dysuria into *Lin* syndrome, which can be varied as five types according to different symptoms: *Qi Lin*, Milky *Lin*, Gravel *Lin*, Blood *Lin*, and Heat *Lin*. The first type is *Qi Lin* referring to dysuria due to *Qi* deficiency, such as prostate gland enlargement. The second type is Milky *Lin* manifested in greasy urine which is chyluria. The third type is Gravel *Lin* referring to symptoms due to stones in the urinary system, manifested in sand or gravel within urine. The fourth type is Blood *Lin*, manifested in bloody urine, such as pyelonephritis. The fifth type is Heat *Lin*, referring to cystitis, urethritis or infection in urinary system. It is agreed *QiHai* (Ren 6) is the key point for the five *Lin* syndromes in *XiHongFu*, *BaiZhengFu* and *LingGuangFu* (Ode of Spiritual Brightness). Thus *QiHai* is the best point for dysuria due to various kinds of reasons. *XingJian* and *TaiChong* are also good points for *Lin* syndromes. *HuoZhu* and *HuoYing* bring good effect for *Lin* syndromes as well. The treatment principle for urinary stones is to resolve dampness and clear heat; the prescription is modified *ZhuLingTang* (Umbellate Pore Decoction). Senile patients with stones in the urinary system are more often due to kidney *Qi* deficiency, and can be treated by following the principle of nourishing kidney and *Qi* to promote urination. For such a condition, I always apply modified *ShenQiWan* (Bolus for Tonifying the Kidney *Qi*) with which I have cured many senile patients suffering from urinary stones. TCM

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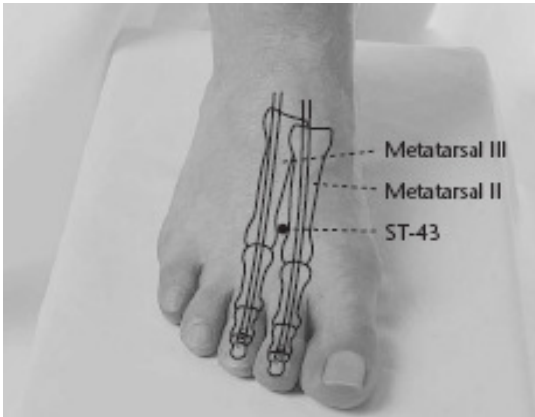
thinks *NiuXi* (Radix Achyranthis Bidentate) is a key herb for various kinds of *Lin* syndromes. Three *Jins*, *JinQianCao* (Herba LySiMaChiae), *HaiJinShao* (Spora Lygodii) and *JiNeiJin* (Endothelium Corneum Gigeriae Galli), bring the best effect on expelling stones.

Large Intestine and Small Intestine Diseases 大小肠病

Acute Enteritis 急性肠炎

1. Puncturing *MenJin* 门金 (66.05) has special effect. 针门金亦特效。
2. Puncturing *ChangMen* 肠门(33.10)
3. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) has special effect. 四花中、外，点刺特效

Acute enteritis is acute diarrhea. Puncturing *MenJin* brings the best effect. The next effective point is *ChangMen*.



Besides, *QuChi* is very effective too. Why that *MenJin* can be applied for acute diarrhea? It is because *MenJin* is on the Stomach Meridian of Foot *YangMing* which communicates with the Hand *YangMing* meridian, thus it can be applied for diseases of the large intestine, such as diarrhea. *Jin* means metal which refers to lung. Lung and large intestine are internally and externally related, this is another reason. In Master Tung's acupuncture, both *ZuQianJin* (77.24) and *ZuWuJin* (77.25) can be applied for diseases in the lung and large intestine, and disorders in the throat system, such as tonsillitis and sore throat. *ShouQianJin* (33.09) and *ShouWuJin* (33.08) can regulate the lung to nourish *Qi* and treat sciatic neuralgia because they are related to *Jin* which means metal. *MenJin* can be applied for both the

stomach and large intestine diseases. Location of *MenJin* is the same as that of *XianGu* (ST 43) recorded in ancient classics. Modern location of *XianGu* (ST 43) is a bit anterior to *MenJin* (66.05). Ancient location of *XianGu* was slightly posterior and alongside the bone, according to my book *ZhenJiuJingWei*. As a wood point of stomach meridian, *XianGu* has the function of soothing the liver, regulating *Qi* and strengthening the spleen, regulating and harmonizing the liver and spleen. It brings great effect for painful diarrhea. *MenJin* could be applied for both acute and chronic diarrhea; it brings better effect if *QuChi* is added. *QuChi* is *He*-sea point of large intestine meridian. *He*-sea points indicate diarrhea due to *Qi* rebellion. For severe condition, bleeding *SiHuaZhong* and *SiHuaWai* achieves a very good effect. If bowel movement is urgent but there is no toilet available, pinch *ChangMen* which could reduce the urgent sensation and then take time to look for a toilet. The formula for acute enteritis is *GeGenQinLianTang* (Decoction of Pueraria, Scutellaria and Coptis) which may achieve good effect.

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Chronic Enteritis 肠炎

1. Puncturing *MenJin* 门金 (66.05) achieves special effect. 针门金特效
2. *ChangMen* 肠门 (33.10) and *ZuQianJin* 足千金 (77.24). 肠门、足千金
3. *YinLingQuan* (SP 9) and *QuChi* (LI 11).

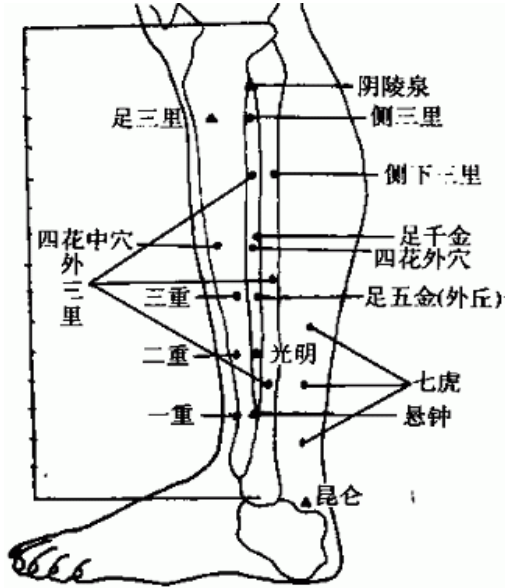


图7-6 小腿外侧

MenJin is also effective for chronic enteritis; next point is *ChangMen* and *ZuQianJin*. Location of *ZuQianJin* is between the stomach and gallbladder meridians, therefore they can treat both wood and earth diseases and regulate the disharmony between wood and earth. Master Tung thought they also could regulate the lung and large intestine on considering the names which contains *Jin* – metal. Because this point locates between wood and earth meridians, it can function on both wood and earth meridians. If the five *Shu* points are grasped and applied in this manner, it will bring fairly good effect. Among points from the fourteen meridians, *YinLingQuan* is most often used for chronic diarrhea, if *QuChi* is added, the therapeutic effect will be better. At the beginning of this year, I've treated two patients who suffered from chronic diarrhea. One grandmother started to have diarrhea every morning as soon as she got up, and several times during the day. Such pathological condition lasted for about 5 months. Thus *MenJin* and *QuChi* were selected, plus 4 days' of decoction, afterward, she was normal again. Altogether, this patient had seven days' of decoction and her chronic diarrhea was cured completely. The formula used for her is

the combination of *SiShenWan* (Pill for Four Miraculous Drugs) and *LiZhongTang* (Decoction for Regulating the Function of Middle-Energizer). Ingredients of *SiShenWan* include: *WuWeiZi*, *WuZhuYu*, *RouDouKou* (Semen Myristicae), *BuGuZhi* (Fructus Psoraleae), which are good at treating morning diarrhea due to kidney *Yang* deficiency. This grandmother also had asthma but I didn't add other special medicine for it, because *LiZhongTang* is for spleen *Yang* deficiency and *SiShenWan* is for Kidney *Yang* deficiency. Such prescription also works for asthma. The other patient was a beautiful girl from USA about 23 years old. She had diarrhea 4 to 5 times a day for 3 years. She took a lot of western medicine and was diagnosed as having colitis. I also used *QuChi* and *MenJin*. I used *LiZhongTang* and *ShenLingBaiZhuSan* (Powder of Ginseng, Poria and Bighead *Atractylodes*) for her. After decoction, she felt much more comfortable. With a combination of treatments using needles and herbs, she was cured very quickly. Altogether she visited twice and took ten days of decoction, and then her three years of disease was cured. From these two examples, we can see that either needles or herbal decoction brings very good therapeutic effect for chronic diarrhea. The combination of two methods is even better.

Lower Abdominal Distention 小腹胀

1. *WanShunYi* 腕顺一 (22.08) and *WanShunEr* 腕顺二 (22.09) 腕顺一、二
2. *MenJin* (66.05)
3. *LingGu* (22.05)

The reason for lower abdominal distending pain or uncomfortable sensation is lower abdomen is more often due to *Qi* deficiency in large and small intestines and the lower energizer, thus the treatment principle is to nourish kidney. Uncomfortable feeling in the large and small intestines is often related to kidney *Qi*, thus *WanShunYi* and *WanShunEr* could be punctured, because they are on the small intestine meridian which can be applied for treating small intestine and nourishing the kidney as well. If there is distending pain on both the stomach and lower abdomen, puncture *MenJin*, *WanShunYi* and *WanShunEr*. The combination of those points brings a better effect. *ZhenJiuDaCheng* says puncturing *NeiTing*, *ZuSanLi* and *SanYinJiao* together is very effective for abdominal distention. But I always used *XianGu* instead of *NeiTing*. *MenJin*'s function is included in that of *XianGu* and *Jin* is related to *Qi*, therefore, it can nourish *Qi* and very good at treating stomach distention. *LingGu* on the large

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intestine meridian is also good at treating lower abdominal distention, regulating *Qi* and blood. According to holography of the second metacarpal bone, *LingGu* is corresponding to the lower energizer; if it is punctured along bone, it is corresponding to kidney. Puncturing *GongSun* brings good effect for lower abdominal pain. If the pain didn't stop well after puncturing *GongSun*, we should think that there might be organic changes.

Enterorrhagia 肠出血

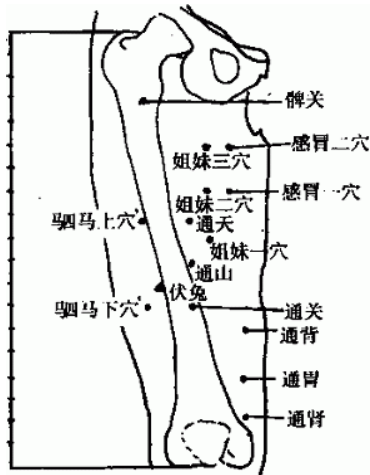


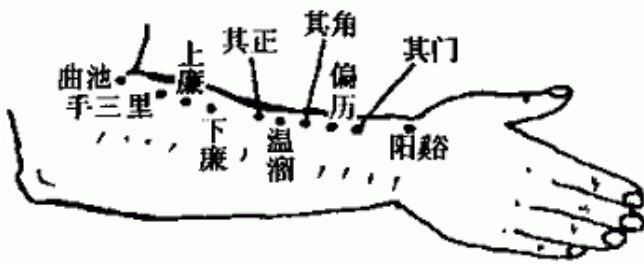
图8-2 大腿内侧

1. Prick *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) to induce bleeding (blood letting), then puncture *JieMei* 姐妹 (88.04, 88.05, 88.06). 四花中、外穴点刺出血，再针姐妹穴。

There are two conditions of enterorrhagia: bleeding before and after a bowel movement. For a common condition, prick *SiHuaZhong* and *SiHuaWai* to induce bleeding which may bring an effect. For treating bleeding due to hemorrhoids, it brings that most special effect by bleeding *WeiZhong*. Formula for enterorrhagia is *HuangTuTang* (Decoction of Baked Yellow earth). The most commonly used formula for stomach hemorrhage is *SanHuangXieXinTang* (Decoction of three yellow drugs to clear Heart Fire). Single herbs, such as *BaiZi* (Radix Angelicae Dahuricae) or *SanQi* (Radix Notoginseng) powder is also very effective. Prescriptions for enterorrhagia could be divided into two types: *HuangTuTang* for cold type; *ChiXiaoDangGuiSan* (Phaseolus Seeds and Chinese Angelica Root powder) with modification for dampness and heat type. If bleeding often occurs,

be cautious that cancer might occur in the large intestine.

Hemorrhoids 痔



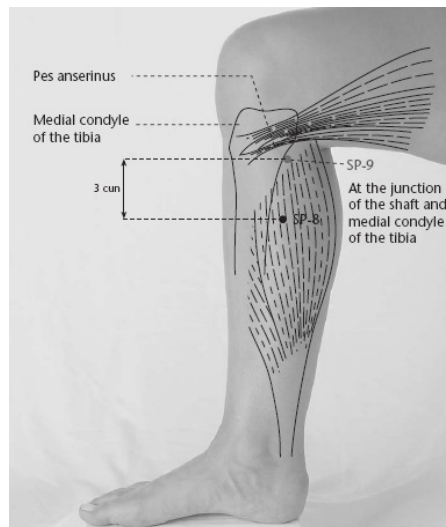
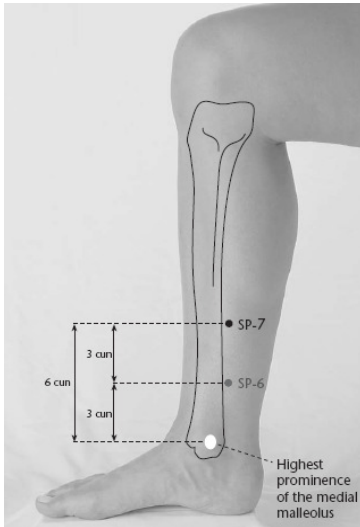
1. Pricking *WeiZhong* 委中 (BL 40) to induce bleeding or blood letting method brings special effect. 委中出血特效
2. Puncturing *QiMen* 其门 (33.01), *QiZheng* 其正 (33.03) and *QiJiao* 其角 (33.02) is effective. 其门、其正、其角亦效

The best effect for bleeding due to hemorrhoids, ensure that *WeiZhong* is bled. It is easy to have hemorrhoids with

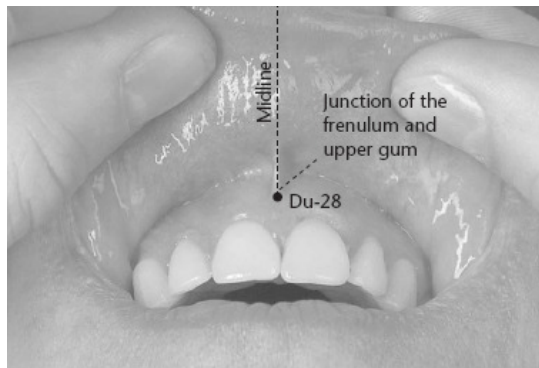
indulgence in eating spicy food, because pungent and spicy food enters into the lung and large intestine. Too much spicy food may injure the large intestine and produce fire. Furthermore, standing for a long time, sitting or staying up late will lead to hemorrhoids. The best method for treating hemorrhoids is create a large quantity of bleeding which is better than pricking to induce some drops of blood. Puncturing *QiMen*, *QiZheng* and *QiJiao* brings effect, because those points are on the large intestine meridian. If it is possible to apply bleeding technique, it will be better. For common acupuncturist, *ShangQiu* (SP 5) is most frequently used. In addition, some people may puncture *ErBai* (Extra) which is one *Cun* proximal to *JianShi* (PC 5). All those points are good but not as effective as *WeiZhong* with the blood letting technique. Blood letting technique is good for both internal and external hemorrhoids. It is very effective to bleed *ChengShan* that is it brings good effect when veins were pricked at the region from *WeiZhong* to *ChengShan*. For internal hemorrhoids, bleed the place around *YinLingQuan*. Veins around *LouGu* (SP 7) and *DiJi* (SP 8) could be bled. In the past, there was printed information that hemorrhoids can be cured without an operation and asking days to leave in Master Tung's business card. At the beginning, I was very curious what kind of special secret remedy he had. After I learned from Master Tung, I know that this secret remedy is blood-letting. Some patients with hemorrhoids may have a second attack after the period of time if they still indulge in taking spicy and pungent food, and then bleeding *WeiZhong* still brings the effect.

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In January of this year (2003) according to the lunar calendar, there was a young guy visiting, complaining of



severe pain. It was so painful that he couldn't sit straight but deviated. I bled the veins from *WeiZhong* to *ChengShan* and also veins on the medial aspect around *YinLingQuan*. Several days later, this young man visited me again with a friend. He was happy at the second visit. He didn't have pain when he sat straight down. For him, I only used the bleeding technique and his pain caused by hemorrhoids was completely cured. Though sometimes hemorrhoids were very severe, it could still be cured by acupuncture without taking medicine. Bleeding technique brings the most special effect. But if herbs could be used simultaneously, it will speed up the process to cure the patients.



In treating hemorrhoids, a Chinese herbal formula that Japanese always used is *YiZiTang* (Decoction for Hemorrhoids). The simple prescription I often use of hemorrhoids, include: *JinYinHua* (Flos Lonicerae) 15g, *GanCao* 5 g, *XiaGuCao* (Spica Prunellae) 15 g; for treating hemorrhoids bleeding, *DiYuTan* (Carbonic Radix *Sanguisorbae*) and *HuaiHuaTan* (Carbonic Flos Sophorae) could stop bleeding. For treating bleeding, usually carbonic herbs are applied. I always apply *SanHuangXieXinTang* (Decoction of Three Yellow Drugs to clear Heart Fire) formula to treat bleeding due to heat invasion. There is *HuangQin* (Radix Scutellariae) in it to stop bleeding. Patients with hemorrhoids could be treated with bleeding

technique or using an herbal formula. In addition, there are always blisters around *YinJiao* (*Du 28*) in patients with hemorrhoids. So, it is also an effective method to treat hemorrhoids if blisters are pricked. Hemorrhoids can be considered as phlebangioma in the rectum. Bleeding *WeiZhong* is a method to promote blood circulation to resolve stagnation. The bladder meridian doesn't reach the rectum, but its divergent meridian reaches the anus. It is suitable to bleed *WeiZhong* once a week. Once or twice, treatments may cure a mild condition. Three or four treatments may cure a severe condition.

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Hernia 小肠疝气

1. Prick the area from medial malleolus to *SanYinJiao* 三阴交 (SP 6) to induce bleeding. 内踝至三阴交一带点刺出血
2. Puncture any 2-3 points from *Dajian* 大间 (11.01), *XiaoJian* 小间 (11.02), *WaiJian* 外间 (11.04), *ZhongJian* 中间 (11.05) and *FuJian* 浮间 (11.03). 大间、小间、外间、中间、浮间任选三至四穴用针

Nowadays there are not so many people suffering from hernia. Hernia is more often due to both *Qi* and blood deficiency and malnutrition. Sometimes it is because of standing for a long time or forceful speaking, such as teachers giving instructions or children are excessive crying. I often used *BuZhongYiQiTang* (Decoction for Reinforcing Middle-Energizer and Replenishing *Qi*) plus herbs with function of warming the liver and plus *YanHuSuo* (Rhizoma Corydalis) and *WuYao* (Radix Linderae) to sooth liver *Qi*. Such treatment brought fairly good effect. Many patients were cured.

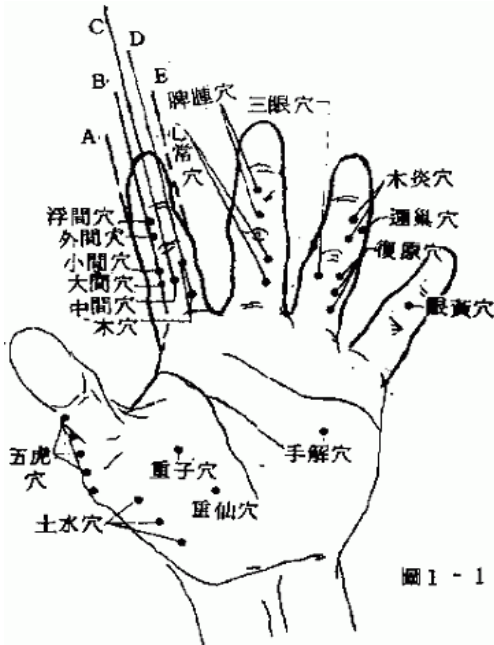


圖 1 - 1

More than thirty years ago, when I studied in the university, my teacher's son had a hernia. He asked me how to treat him. It was summer when litchi is in abundance. So I told him to eat more lichii, because it was unnecessary to give treatment yet. Lichii can warm the liver to expel cold. If he couldn't be cured by eating litchis, then treatment would be necessary. After summer vacation, I asked the teacher about his son and I was told tat his son was cured. For treating hernia, Master Tung always pricks veins from the medial malleolus to *SanYinJiao* to induce bleeding. Regarding acupuncture treatment, select 2-3 points among *Dajian*, *XiaoJian*, *WaiJian*, *ZhongJian* and *FuJian*. TCM considers that liver meridian curves around external genitalia,

meanwhile the liver dominates tendons. *Dajian*, *XiaoJian*, *WaiJian*, *ZhongJian* and *FuJian* are on the index finger beside the large intestine meridian. Large intestine communicates with liver, so that they can be applied for intestinal hernia. About points from the fourteen meridians, *DaDun* and *SanYinJiao* can be applied. *DaDun*, *Jing*-well point of liver meridian, can open the orifice to expel cold. *SanYinJiao* can warm the liver and nourish spleen *Qi* to strengthen the ascending function, because hernia is a cold disease and a tendon disease. Liver is related to the tendons, thus the wood point of the wood meridian – *DaDun* can be applied. *DaDun* is not only a *Jing*-well point of the liver meridian but also a wood point on wood meridian with the function of soothing the liver, regulating *Qi*, promoting the meridian and expelling cold. At this point, I'd like to briefly explain the five *Shu* points.

The application of the five *Shu* points, according to *NanJing*. *Jing*-well points are indicate in fullness sensation in the gastric region, *Ying*-spring points are indicate of fever; *Shu*-stream points are indicate in heaviness sensation in the body and painful joints; *Jing*-river points are indicate of cough, asthmatic breath, chills and fever; *He*-sea points are indicate of rebellion of *Qi*. Chapter 44 of *LingShu* says: *Jing*-well points apply for mental symptoms; *Ying*-spring points applied when the disease manifested on the complexion; *Shu*-stream points should be punctured when the diseases is alleviated and aggravated now and then; when the disease is manifested in abnormal voice and when the collateral is full with stagnated blood, *Jing*-river points should be punctured; for stomach diseases and diseases caused by intemperance of food and drink, *He*-sea points should be punctured. Bleed 12 *Jing*-well points for acute mental disorders. For example: when patients with wind stroke have mental symptoms, it will bring effect if the *Jing*-well points are pricked to induce bleeding. The wind pathogen for wind stoke is related to wood. Flare up of phlegm fire may cause wind stroke, resulting in hemiplegia or coma, *MuHuo* (11.10) could be selected. All *Yang* meridians of hand and foot run to the head. Among *Yin* meridians, only the pericardium and liver meridians reach the head. Liver meridian reaches the head through throat and inside the brain, thus diseases in the head and mental disorders will be induced if there is hyperactivity of liver *Yang* and

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liver fire. Phlegm, fire and liver wind are the major pathogens for wind stroke. For treating hemiplegia, Master Tung first used *MuHuo* because it is on the pericardium meridian which has fairly good effect in treating unconsciousness. Besides, unconsciousness could be induced by phlegm blocking heart and heat due to febrile disease attacking the pericardium; mental disorders could be induced by up flaring of liver fire. *MuHuo*, on the pericardium meridian, could be applied for a pathological condition in the pericardium meridian. On considering this, pathological conditions on the liver meridian could be treated by *MuHuo*, because they are bearing the same name. Location of *MuHuo* is near to *ZhongChong* – *Jing*-well point of pericardium. *ZhongChong* is a key point for mental disease, derives the reason for the name of *MuHuo*. This example draws our attention to the application of theory of five elements. If the theory of five elements could be understood fully, the application of the five *Shu* points will be well done.

Application of the five *Shu* points is based upon the theory of the five elements. The core of the therapeutic application of the five *Shu* points is to search the *Qi* of the same category, i.e., inter-crossing, counteracting, inter-promoting, inter-corresponding, inter-communicating and genuine five elements theory. Both *NeiJing* and *NanJing* emphasize on the Therapy of Searching the *Qi* of the same category. For example, *DaDun* is wood point on wood meridian. This is so called genuine five elements. It is the wood point on wood meridian, so it has a very good function of soothing liver. *Jing*-well points could open the orifice to expel cold, thus it is a special point for hernia, and for impotence as well. For treating most of the patients with impotence, *SanYinJiao* is usually punctured. *SanYinJiao* is a special point for disorders occurring on the lower abdomen. About *DaDun*, liver meridian curves around external genitalia and the liver therefore dominates the front external genitalia. Impotence is very closely related to the liver. It is very easy to have impotence if there is liver *Qi* stagnation or bad mood. The function of the liver in storing blood is very closely related to the erection of the penis. It is very easy for patients with hypertension to have impotence because they are taking western medicine for long term to control blood pressure which could easily inhibit liver *Yang*. The best way to treat impotence by acupuncture is the combination of *DaDun* and *SanYinJiao*. But *SanYinJiao* is more for premature ejaculation. *DaDun* is more for impotence. As a wood point of wood meridian, *DaDun* is good at expansion and shrinking of tendon. If the liver is lacking in storing of blood, it fails in helping the congested penis. *DaDun*, as a *Jing*-well point, could help open orifices to expel cold (the tip of penis is one of the orifices), and congest the penis, and reduce pressure in the liver meridian, thus this point is good at treating impotence. While premature ejaculation is due to deconsolidation of the kidney *Qi*, thus *ShenGuan* and *SanYinJiao* should be punctured. On considering herbs, *GuiZhi* plus *LongGu MuLiTang* formula for both impotence and premature ejaculation. After a period of taking the decoction, the effect could be seen and the result is very stable. If premature ejaculation is due over excitement, therapy should be both clearing fire and astringency. *ZhiBaiDiHuangWan* could be applied to clear fire and *JinSuoGuJingWan* (Golden Lock Pill for Keeping the Kidney Essence) to consolidate the kidney. If the patient has impotence and premature ejaculation in the meantime, *DaDun*, *SanYinJiao* and *ShenGuan* should be punctured together. *GuiZhiJiaLongGuMuLiTang* could be prescribed. Though this formula is warm in nature, its therapeutic effect lasts long. At present, some patients are using *KangWeiLing* (Anti-Impotence Agent), the important ingredient of which is *DangGui* and *WuGong* (Scolopendra). Both of them can invigorate *Yang*.

ZuSanLi is an earth point on the earth meridian, according to genuine five element theory. It has the function of strengthening the spleen and nourishing the stomach and brings effect for chronic debility diseases. TCM considers the kidney as the congenital foundation and the spleen and stomach as acquired foundation. Thus, acquired diseases, especially diseases due to weak body constitution should be regulated or treated by applying *ZuSanLi*. The application of the genuine five elements theory in selecting the fire point on the fire meridian, the metal point on the metal meridian and the water point on the water meridian is the same.

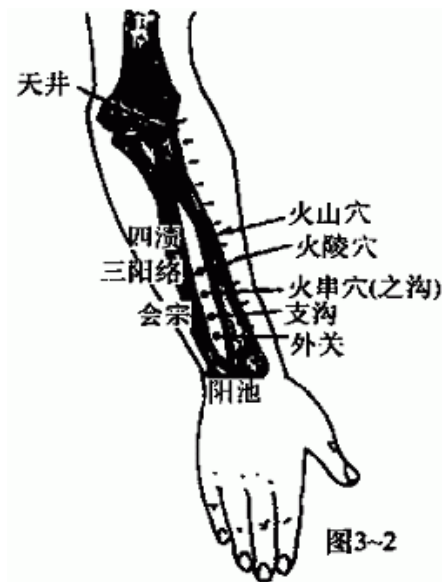
Appendicitis 盲肠炎

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) to induce bleeding brings special effect. 四花中、外穴点刺出血有奇效
2. *LanWeiXue* (Extra) and *MenJin* (66.05) are effective.

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For treating appendicitis, a deep insertion is necessary. Retention of the needle should be from 60 minutes to 2 hours with strong stimulation of reducing method. Manipulate needles once every five minutes. I've treated many patients with appendicitis. *LanWeiXue* is mainly punctured. When symptoms exist due to appendicitis, the tenderness will be discovered on this point. This point is in a place between *ZuSanLi* and *ShangJuXu* where there is obvious soreness and distention when pressed. Most probably it is about 1 *Cun* below *ZuSanLi*. It is better to insert a needle longer than half *Cun*. After pricking *SiHuaZhong* and *SiHuaWai* to induce bleeding, then, puncture this extra point, thus a better effect will be brought. Adding *MenJin* will bring the best effect. Acupuncture treatment brings a fairly good effect for treating simple acute appendicitis. If symptoms are severe and treatment delayed resulting in perforation and necrosis, it is necessary to have surgery.

Constipation



1. *HuoChuan* 火串(33.04)

Acupuncture is also effective for constipation. *HuoChuan* which is the same as *ZhiGou* could be applied. *ZhiGou* is very effective for treating acute constipation. *YuLongFu* says *ZhaoHai* (KI 6) and *ZhiGou* (SJ 6) are for constipation. It is better to combine *ZhiGou* with *ZhaoHai*, which is a key point among the eight extraordinary meridians, and it has an effect of moistening *Yin* because it is on kidney meridian. Thus it is an effective point for chronic constipation. Chronic constipation is often due to *Yin* deficiency or blood deficiency. *ZhaoHai* could nourish *Yin* to promote fluid and benefit *Qi*. *ZhiGou* can promote *Qi* in Triple Energizer (*SanJiao*), thus it is an effective point for acute constipation. But combining these two points brings a better effect. The combination has a function of nourishing *Qi* and *Yin*. It is a very commonly used combination for constipation. *ZaBingXueFaGe* says reinforcing *ZhiGou* and reducing *ZuSanLi* for deficient constipation. If constipation is of the *Qi* deficient type, *ZhiGou* combined with *ZuSanLi* brings very good effect.

In 1990, when I was lecturing in Detroit of Michigan State, there were 20 TCM and western medical doctors. Almost all of them had a PhD degree. The course lasted for one week. Among them was a sixty year old student. He had a very red face on the fourth day because he didn't have a bowel movement for about 3-4 days. So I punctured his *ZhiGou* and *ZhaoHai* and retained needles for 30 minutes. But 20 minutes later, this student had felt a need to use the toilet. So then the needles were taken out. He went to the toilet and his bowel movement was very smooth. There was another female patient, about 40-50 years old, who had chronic constipation, having only a bowel movement once every 5-6 days. When she visited me, she didn't have stool for four days. I treated her with *ZhiGou* and *ZhaoHai*. Then she had smooth bowel movement everyday in the following two or three days. On the third day, the effect reduced. After 3 and 4 more treatments, her bowel movement became normal. It is very easy for this type of patient to have cancer in the large intestine and breasts. For treating them, I always use both acupuncture and herbal medicine which bring a better effect. For chronic constipation, it brings good effect to drink a decoction made of *FanXieYe* (*Folium Sennae*) 10g or 15g everyday. Some patients drink such a decoction for 10 years without any side effect. In case of senile or female constipation due to blood deficiency, *JiChuanJian* (Decoction of Increasing Fluid in Intestines to Promote Bowel Movement) could be prescribed. The causative factors for constipation are many: very fine food and meat; blood or *Yin* deficiency; or not drinking enough water; or ingesting too much spicy food; or less often taken; or standing too long or sitting or lack of exercise. Thus treatment for constipation should be given according to the body constitution and etiology. It is very good to prevent constipation by promoting peristalsis. *ZhiGou* and *ZhaoHai* are the best points for constipation.

HuoChuan of Master Tung's acupuncture has the same effect as *ZhiGou*. I am introducing Master Tung's points but other TCM theories and methods are mentioned as well. Master Tung's acupuncture is a part from TCM.

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And TCM emphasizes on a holistic conception, thus if Master Tung's acupuncture is understood deeper, the application of points of the fourteen meridians will be well done. In fact, the theory of Master Tung's acupuncture could be applied on general treatment. If you understand internal diseases more thoroughly and grasp the application very well of the herbal medicine and acupuncture, the mechanism in point selection could be applied in making herbal prescriptions, so that the prescription will be very well organized. These two methods help and supplement each other if they are very well understood. I always emphasize it when lecturing. I try my best to tell you all about Master Tung's points, effective points from the fourteen meridians and special herbal prescriptions, so that the best therapies could be combined in use. Personally, I think these points and the therapeutic methods are good. Master Tung's points and points from the fourteen meridians should be applied alternatively. The theory for Master Tung's points is the one for fourteen meridians, i.e., if you know more about Master Tung's points, you know more about points from the fourteen meridians. I encourage my students to use the fourteen meridians and Master Tung's points skillfully, and recite *Nei Jing* and other classics and lyrics very fluently, because Master Tung's acupuncture uses a lot of theories from those classics. If you want to exert and advance Master Tung's acupuncture, classic books must be read proficiently.

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Application of Holographic Acupuncture Technique for Different Parts of the Body

The applications of holographic acupuncture for different parts of the body include correspondence between different parts of the body and *ZangFu* organs. It can be considered as a part of holography and the hardcore thought of Master Tung's acupuncture as well. Those techniques originated from *HuangDiNeiJing*. A lot of ancestors' experiences are the same. Up to now, there are odd records about application of such technique, but not holistic and complete. Here, I would like to present a brief statement about Master Tung *JingChang*'s and my own 40 years' of clinical experience. Acupuncture Techniques of Holography Corresponding to Different Parts of Body is also named as puncturing five body parts technique, i.e.: stimulating bone to treat bone diseases; stimulating tendon to treat tendon diseases; stimulating muscle to treat muscle diseases; stimulating skin to treat skin diseases. Meanwhile, five body parts treating five *Zang* organs' diseases, the theory of which is based on *HuangDiNeiJing*. Master Tung used those techniques frequently, and I myself even more, so, now let me explain them one by one:

Stimulating body parts to treat diseases of the corresponding body parts

Stimulating bone to treat bone disease

The method for treating bone disease by stimulating bone equals to ancient bone pricking method. Chapter 51 of *SuWen* says: "when pricking bone, tendons shouldn't be hurt", which has two meaning. One is to insert the needle to reach the bone which equals to *Shu*-point-needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "*Shu*-points-needling means thrusting and lifting the needle perpendicularly to reach the bone to treat bone *Bi* syndrome." Second is to insert needle alongside bone which equals to vertical-needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "vertical needling is for bone *Bi* syndrome. After insertion, slightly advance the needle and make the needle tip to approach the bone, then lift and thrust the needle to treat the bone *Bi* syndrome." Among Master Tung's points, there are many to be punctured alongside the bone, and many to be punctured approaching to bone. Master *ZhouKongSi* in Sung Dynasty said in his book *ZhouShiJingLuoDaQuan* (The complete Collection of *Zhou*'s Meridians and Collaterals) that the symptoms of those internal diseases moving upward or downward, meridians are involved; if moves are to right or left side, collaterals are involved. Those points, when meridian *Qi* arrives, it accumulates, thus points must be with bone. Recent research discovers a theory of periosteum conduction. Periosteum is full of nerves and blood vessels. When needles reach the bone or stimulate nearby bone, some bone diseases could be cured with a better therapeutic effect, because stimulation is conducted through periosteum. For example, puncturing *LingGu* alongside bone to treat sciatic neuralgia brings special effect (it brings a better effect if *DaBai* is combined); *RenZhong*, *HouXi* and *ShuGu* can be applied for bone spur; it brings better effect if *FengShi* is combined. It brings great effect for spur on the heel if *LingGu* is pricked alongside bone. If *ShuGu* is added, a better effect will be brought. Puncturing *QuChi* alongside the bone is for inflammation in lateral epicondyle of humerus, also known as tennis elbow. Puncturing *TaiChong* alongside bone is for pain in the hand or foot, especially for knee pain.

Stimulating tendon to treat tendon diseases

The method for treating tendon disease by stimulating the tendon equals to ancient tendon pricking method. Chapter 51 of *SuWen* says: "when pricking the tendon, muscle shouldn't be hurt" which has two meaning. One is pricking the tendon, which equals to joint needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "joint-needling is to prick around the joints of extremities straightly to treat the tendon *Bi* syndrome". In pricking, it must cause bleeding and it is the pricking therapy corresponding to the liver. Second is to prick alongside tendon which equals to relaxing-needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says:

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"relaxing needling is to prick straight beside the painful muscle, and manipulate the needle up and down and anteriorly and posteriorly to relax the muscle so as to relieve the muscular ache and spasm". Both needling techniques have good effect for treating neck rigidity, pain and also lumbar sprain. *ChiZe* is located beside tendon. If this point is punctured alongside the tendon, the entire body's spasm and convulsion, difficulty in raising the arm up due to frozen shoulder and spasmodic palm can be treated with effect. For treating hemiplegia, this point is also very commonly used. It is the son (water) point of lung (metal), needling this point with reducing method makes it impossible for metal to overact on wood, so that tendons could be relaxed and extended. But application of such therapy is based upon the theory "treating tendon disease by stimulating tendons". Other points, such as *ChengShan* and *YangLingQuan* can be used for tendon diseases, because of same needling technique and theory.

Stimulating vessels to treat vessel diseases

The method for treating vessel diseases by stimulating vessel equals to ancient vessel pricking method. Chapter 51 of *SuWen* says: "when pricking vessels, skin shouldn't be hurt" which has two meanings. One is to prick the vessel to induce bleeding, i.e., pricking method, including collateral pricking, leopard-spot-needling and repeated-shallow puncture in chapter 7 of *LingShu* which says: "collateral pricking method is to prick superficial and small veins beneath the skin; leopard-spot-needling is to prick the left, right, front and rear and the collaterals must be hit; the repeated-shallow puncture refers to lifting and thrusting of needle are perpendicular, and the pricking is swift and shallow to treat carbuncle and swelling". The other method is to thrust the needle to reach a big artery without injury and bleeding, i.e., treating blood vessel disease by puncturing alongside the vessel. Such method was not recorded in ancient classic, but a method commonly used by Master Tung, which pertain to pricking methods.

Pricking methods are very commonly used which have special therapeutic effect for difficult diseases and protracted diseases, and are also extremely good for acute severe diseases and febrile diseases. The clinical applications of those methods are many, but it is difficult to display them all here. I'll give some examples which are more than enough to help you to understand the applications in wide range. For example, 12 *Jing*-well points with pricking method can be applied for syncope due to wind stroke, high fever, sore throat and so on. Pricking *WeiZhong* could treat headache, pain of the neck, back and lumbar region, sciatica, lumbar sprain, leg pain, hemorrhoids, boil, furuncle, carbuncle, cholera, acute vomit, and so on. Pricking cubital area could treat frozen shoulder, arm pain, asthmatic breath cardiac diseases, and cholera and so on. Pricking the retro-auricle area could treat ophthalmic diseases, facial paralysis, dermatological diseases, insomnia, and hydrosis and so on. Master Tung adapts "reducing collaterals by pricking the distal area." The commonly used clinical applications include pricking back to treat foot and knee pain, pricking the lower back to treat pain on the upper arm. Pricking *SiHuaZhong* and *SiHuaWai* located on the leg are good for internal organ diseases. The special unique technique Master Tung applied is treating vessels' disease by puncturing an area near the vessel. The application of such technique is not strange to common people. For example, *TaiYuan*, the influential point of the vessel, can be used for various kinds of vessel diseases, which is very familiar to acupuncturists. Master Tung developed and enlarged the application of such technique. For example, *DiZong* (44.09) which is near an artery indicates reviving of life for collapse of *Yang*, cardiac diseases and angiosclerosis; *Chong* meridian passes *HuoYing* (66.03) and *HuoZhu* (66.04), so they are also indicated in blood vessel diseases.

Stimulating muscle to treat muscle diseases

The method for treating muscle disease by stimulating muscle equals to ancient muscle pricking method. Chapter 51 of *SuWen* says: "when pricking muscle, vessel and tendon mustn't be hurt". Muscle pricking method includes superficial-needling, inter-muscular-needling and multi-direction-needling recorded in chapter 7 of *LingShu* which also says: "superficial-needling is to prick shallowly lateral to the surface of the affected muscle to dispel cold and muscle spasm; inter-muscular-needling is to prick the pace of the low-lying muscular layers; multi-direction-needling is to prick one point in different directions towards left and right, like a chicken claw, on

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the muscle layer to treat muscle *Bi* syndrome". Superficial puncture is to prick muscle on the shallow layer with oblique or transverse insertion for cold muscle and muscle spasm. Inter-muscular-needling is to puncture the muscle in a fairly deep layer for muscle pain, numbness or atrophy. Multi-direction-needling is to puncture perpendicularly to a certain depth, then lift the needle to skin layer and then thrust the needle leftward, rightward or anteriorly and posteriorly, like a chicken claw, for treating muscle *Bi* due to wind, cold and dampness invasion. Clinically, it brings quite good therapeutic effect for muscle atrophy by stimulating *HeGu*, *QuChi*, *ShouSanLi*, *ZuSanLi* and *SiMa* points on the thigh where there are rich muscles. Though there is a saying "when treating *Wei*-flaccid syndrome, only *YangMing* channel should be selected", the good therapeutic effect is also due to muscle stimulating for treating muscle disease. Those points are also good for muscle spasm, or peripheral neuritis. *ChengShan* and *JianZhong* locate on the area with rich muscle, and they also bring good therapeutic effect for muscle disease.

Stimulating skin to treat skin disease

The method for treating skin diseases by stimulating skin equals to ancient skin pricking methods. Chapter 51 of *SuWen* says: "when pricking skin, muscle shouldn't be hurt". Skin pricking method includes skin needling and shallow needling recorded in chapter 7 of *LingShu* which says "skin needling is for skin *Bi* syndrome; shallow-needling is to insert needle swiftly without injuring muscle, like plucking a piece of fine hair and it can purge the skin energy". Skin needling refers to a shallow insertion, like hair growing superficially on the skin and the technique should be gentle and swift; shallow needling also refers to a shallow insertion, like plucking a piece of hair, which is very similar to skin needling, but a bit deeper. Shallow needling is to prick skin without injuring muscle, equals to plum blossom needling. Skin needling is more for local numbness and some dermatological disease, similar to plum blossom tapping technique, until skin becomes slightly congested or bleeding. It indicated in abnormal feeling on the skin, neurodermatitis, alopecia areata, hair loss and rosacea. Plum blossom needle could be replaced by a three edged needle exerting scattered-spot-prick. But chapter 7 of *LingShu* says: "it is not suitable to be applied if the skin is pale". Because the techniques (pricking methods to achieve bleeding) are to treat *Yang* and excessive condition is more suitable to be applied for heat in blood if the skin is red. For example, dermatological red skin, erysipelas, multiple boil or herpes zoster can be treated by such methods which should be applied on the local area with skin lesion.

Master Tung's pricking method is different from others. He applied such method for treating dermatological diseases on the area where there are big muscles, which has the meaning of nourishing earth to promote metal and to treat skin by stimulating skin. For example, *SiMa* have extreme good effect for skin diseases because they are on the area where the *YangMing* meridian passes which is full of *Qi* and blood, good in regulating *Qi* and blood circulations. But deep insertion is not suitable because it doesn't correspond to skin and hair. Or prick with reducing-*Ying*-nutrient stage method; i.e., first insert a needle to earth layer, then lift to the man layer with strong stimulation of reducing and then lift to heaven layer to retain needle, which follows what is said in *NanJing* "when reducing, take *Qi* from *Ying*-nutrient stage". This technique is especially good at treating skin diseases with skin turning to red. *QuChi* applied for skin diseases should be punctured with such technique according to the same mechanism.

Stimulating body parts to treat corresponding Zang organs

The technique of puncturing five body parts includes not only stimulating body parts to treat corresponding body parts, i.e., stimulating bone to treat bone disease; stimulating tendon to treat tendon disease; stimulating vessel to treat vessel disease; stimulating muscle to treat muscle disease; and stimulating skin to treat skin disease; but also stimulating bone to treat kidney; stimulating tendon to treat liver; stimulating muscle to treat spleen; stimulating vessel to treat heart; and stimulating skin to treat lung. Because kidney dominates bone, liver dominates tendon, spleen dominates muscle, heart dominates vessel, and lung dominates skin. Chapter 7 of *LingShu* says: "shallow needling...purges the skin energy and corresponds to lung; leopard-spot-needling...disperses stagnated blood in channels and corresponds to heart; joint-needling...to treat tendon *Bi*

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syndrome and must cause bleeding, and corresponds to the liver; multi-direction-needling...pricks muscle to treat muscle *Bi* and corresponds to the spleen; *Shu*-point needling...deeply inserted to bone, for treating bone *Bi*, and corresponds to kidney". Such record explains the correspondence between five body parts and five *Zang* organs. The following are some simple examples.

Pricking skin corresponds to the lung

Clinically for treating cough, asthmatic breath and other lung diseases, stimulate *ShuiJin* or *ShuiTong* with subcutaneous needles. For treating sore throat or fever due to lung heat, prick *ShaoShang* and *ShangYang*. For treating nasal diseases, prick *MuXue* on the index finger.

Pricking muscle corresponds to the spleen

Pricking the muscle can be used for the spleen. The places with thick muscle have functions of nourishing and regulating *Qi*. *HeGu* and *TaiChong* are on the fingers and toes where the muscles are quite thick, so they have strong function of regulating *Qi*. Though it is because they are *Yuan*-source points, it also is due to muscle correspondence between the muscle and spleen. Puncturing *SiMaXue* can treat skin disease and strengthen the spleen to supplement the *Qi*. Master Tung emphasized the theory of the spleen and stomach. For example, *SiMa* for lung diseases; *TongGuan*, *TongShan* and *TongTian* for heart disease; *TongShen*, *TongWei* and *TongBei* for kidney; *TianHuang*, *MingHuang* and *QiHuang* for liver; *FengShi*, the key point for stopping pain, all located on thigh where there are big muscles. In fact, application of those points is for strengthening spleen.

To treat heart by stimulating vessel

It brings best effect to treat heart diseases by pricking the vessel. I applied cubital area, *SiHuaZhong* and *SiHuaWai* near *TiaoKou* and *FengLong* to treat many severe cardiac diseases with the pricking method to induce bleeding. Pricking *DiZong* can revive life, heart tonification, heart disease and angiosclerosis. Pricking *HuoYing*, *HuoZhu* and *TaiChong* with the artery beating underneath, the heart function could be strengthened for treating cardiac palsy. *TaiChong* also has function of heart tonification. I used *TaiChong* for coma. First I punctured *RenZhong* and *BaiHui* but failed, while *TaiChong* brought immediate effect for some cases.

To treat liver by stimulating the tendon

YangLingQuan is the key point for treating tendon diseases and also a chief point for liver and gallbladder. Combining with *ChengShan*, it has effect on treating foot cramp. This point also brings effect on treating stomach spasm and pain, and dysmenorrhea because those diseases are all related to the liver.

Pricking bone corresponds to kidney

Puncture *LingGu* along the bone to treat lumbago, and also to nourish kidney to treat heel pain and various kind of diseases due to kidney deficiency. Puncture *FuKe* and *HuanChao* along the bone for nourishing kidney to treat kidney diseases, such as infertility. Indications of *WanShun* (22.08, 22.09) are related to kidney. It brings better therapeutic effect if these points are punctured alongside the bone. Puncture *SanYinJiao* alongside the bone brings stronger function of kidney tonification.

Some points, through having the corresponding relations with tendon, bone and muscle, could relate to more *Zang* organs and indicate more diseases. For example, external epicondyle inflammation, tennis elbow can be treated by puncturing *ShouSanLi* on the tendon and *QuChi* alongside bone. This is because both liver and kidney are nourished when both tendon and bone are treated. Another example, *ShouQianJin*, between *TaiYang* and *ShaoYang* meridians, is under the tendon and anterior to bone, thus both tendon and bone could be treated, communicating with the liver and kidney. The indications of this point are related to tendon, bone, liver and kidney. *YeMen* (SJ 2), I most often used, is punctured along the bone until *ZhongBai* or known as *ZhongZhu* (SP 3), and *XiaBai* (22.07) where there are more muscles, thus this point communicates with the spleen, liver and

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kidney, so spleen, liver and kidney diseases can be all treated by needling these points. This point has extensive indications and is very effective. It is one of my ten most frequently used points.

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Chapter Four

Other Diseases 其它疾病

Diseases of the Anterior and Posterior Genitalia 前后阴病

Testitis 辜丸炎

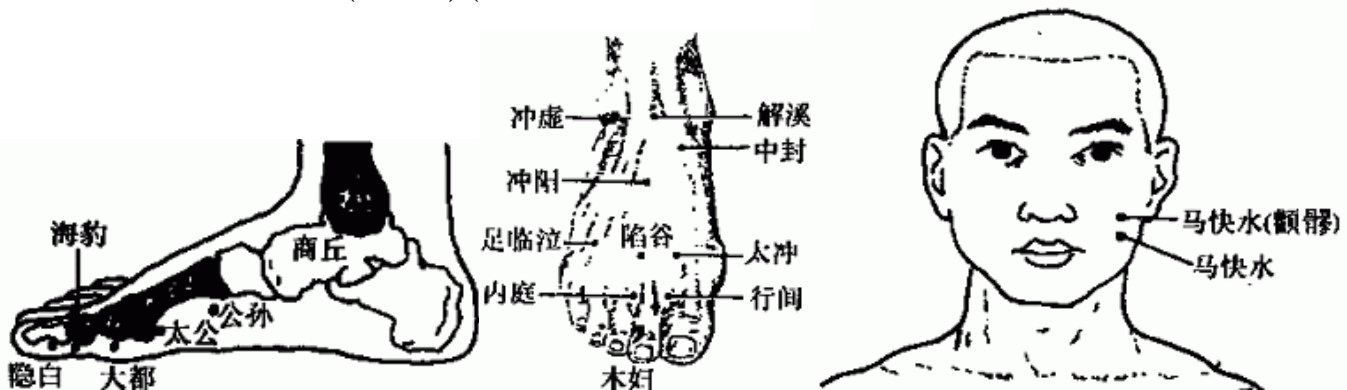
(I.e. orchitis – inflammation of the testis.)

1. Prick the area from the inner malleolus to *SanYinJiao* 三阴交 (SP 6) (bloodletting) 内踝至三阴交一带点刺出血。
2. *DaJian* (11.01), *XiaoJian* (11.02), *ZhongJian* (11.05) and *FuJian* (11.03)

Hernia has been dealt with as a disease of the anterior and posterior genitalia, and now we are going to discuss testitis. In treating this disease, two or three points can be chosen from *DaJian*, *XiaoJian*, *ZhongJian*, *WaiJian* and *FuJian*, using the same manipulations as those used for hernia. Master Tung prefers to prick the area from the inner malleolus to *SanYinJiao* in the treatment. Acupuncture treatment can also be given at *DaDun* and *SanYinJiao*, the mechanism of which has already been discussed in previous chapters.

Frequent Micturition 尿意频数

1. *ShenGuan* 肾关 (77.18) (highly effective) 肾关尤具特效。
2. *HaiBao* 海豹 (66.01) and *MuFu* 木妇 (66.02) (effective) 针海豹、木妇特效。
3. *MaKuaiShui* 马快水 (1010.14) (also effective 针马快水亦可)。



The most effective point for frequent micturition is *ShenGuan*, owing to its effect of invigorating the spleen and kidney *Qi* and astringency. This point can be used to treat premature ejaculation, albuminuria and diabetes. When I was teaching acupuncture in Taiwan, I started with points from *ShiSiJing* (The fourteen meridians), and *ShenGuan* from *DongShiQiXue* (Tung's Extraordinary Points) was taught later. Once, when I was teaching I found that a student had to go to the restroom about every 30 minutes. I asked him to try acupuncture at *ShenGuan* and his problem was solved in two or three weeks. Urgent and difficult urination with little amount indicates cystitis, which should be accordingly. *ShenGuan* can be used to treat frequent micturition due to deficiency of kidney *Qi*, which causes hyposexuality, and that is why *ShenGuan* can be used. Besides frequent micturition, *ShenGuan* can also be used to treat premature ejaculation owing to its effect of astringency. Frequent micturition can also be treated with *SangPiaoXiaoSan* (Powder of Ootheca Mantidis) and *SuoQuanWan* (Pill for Controlling Urination), and premature ejaculation can be treated with *JinSuoGuJingWan* (Pill for Arresting Premature Ejaculation) and *ZhiBoDiHuangWan* (Pill of Rhizoma Anemarrhenae Asphodeloidis, Cortex Phellodendri and Radix Rehmanniae). Being the gate of kidney, *ShenGuan* controls fluid and stores semen, and failure in this function may result in frequent micturition and premature ejaculation, which are effectively treated by this point. Since *ShenGuan* can

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improve the storing and astringing functions of the kidney *Qi*, it can be used in combination with other points to treat asthma in patients with long-lasting diseases. *ShenGuan* has the combined effect of both *ShenShu* (BL 23) and *GuanYuan* (Ren 4), the former lying in the *Yang* location of the body having the effect of warming kidney *Yang* and the latter in the *Yin* location of the body having the effect of nourishing kidney *Yin*. Therefore, *ShenGuan* is the best point for frequent micturition. Other effective points include *HaiBao* and *MuFu*, but since the points are on the toes, they are painful and the patient has to take off the shoes and socks, sometimes making it hard for the doctor to bear the disagreeable smell. *MaKuaiShui* is also effective, but these points are not as effective as *ShenGuan* in the treatment of frequent micturition. Besides frequent micturition, *MaKuaiShui* is also an effective point for cholecystolithiasis. In treating difficulty in micturition, attention should be paid to "mainly bringing down *Qi*", by puncturing *ShenGuan* first followed by *MaKuaiShui*. This is the preferable method in spite of the dual regulating effect of acupuncture.

It is important to master the principles in differentiation of syndromes based on the eight principles, whether Tung's extraordinary points or points from the fourteen regular meridians are used. A veteran doctor knows how to determine the nature of the disease based on the eight principles: deficiency and cold in long-lasting diseases, and excess and heat in new diseases. For instance, when the needle is inserted into a depth of 1.5 inches, it may go further into a depth of 1.8 inches after some time in patients with cold constitution owing to the needle suction effect in such kind of patients; while the needle may withdraw itself to a depth of 1.3 inches or even less in patients with heat constitution or febrile diseases. By observing these phenomena, it is possible to determine the cold or heat nature of the patients. Administering acupuncture is much the same as administering drugs, since acupuncture can treat and regulate cold and heat syndromes and constitutions and also correspond with drug effects. In treating heat syndromes, shallow insertion of the needle with short duration (without retaining the needle) is given, but treatment can be given twice a day. This is also true with using drugs for the same kind of diseases. Both *GuiZhiTang* and *YinQiaoSan* are mild in their dosage, but they are to be taken several times a day. Being an effective pungent-cool diaphoretic recipe, *YinQiaoSan* is the most common recipe to be used at the onset of a febrile disease. Chinese medicine holds that the treatment of the diseases of the upper energizer (*ShangJiao*) is just like a feather (namely, by using drugs light in texture and dosage), the treatment of the diseases of the middle energizer (*ZhongJiao*) is to bring about a balance, and the treatment of the diseases of the lower energizer (*XiaJiao*) is like a poise (i.e. by using drugs heavy in texture). Since long-lasting diseases affect the lower energizer, pills are used over a long period. Besides, heavy drugs such as *LongGu* (*Os Draconis*), *MuLi* (*Concha Ostreae*) and *DaiZheShi* (*Haematitum*) are also used. In treating diseases of the upper energizer, *JinYinHua* (*Flos Loncerae Japonicae*) is used with mild dosage, about 10-15 grams. Diseases of the middle energizer are mostly caused by cold-heat in coordination and therefore drugs of both cold and heat nature are used to bring about a balance. As an example, the common recipes for gastrointestinal diseases are *BanXiaXieXinTang* (Decoction of *Rhizoma Pinelliae Ternatae Praeparata* for Purging Heart) and *XiaoChaiHuTang* (Minor Decoction of *Radix Bupleuri*), which includes both drugs of cold nature such as *HuangQin* (*Radix Scutellariae Baicalensis*) and *HuangLian* (*Rhizoma Coptidis*), and drugs of heat nature like *BanXia* (*Rhizoma Pinelliae Ternatae Praeparata*) and *GanJiang* (*Rhizoma Zingiberis Officinalis*). This is also true in acupuncture treatment. In treating diseases of the upper energizer, diseases at the onset or diseases of heat nature, shallow insertion of the needle is used, while in treating diseases of the lower energizer, chronic diseases (when the kidney is affected) and diseases of cold nature, deep insertion is applied. A deep understanding of the eight principles is crucial in using either drugs or acupuncture in the treatment of the disease.

Galacturia 淋浊

(i.e. the presence of a milky fluid containing emulsified fat in the urine as a result of organic disease (as of the kidney))

1. *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) 针通肾、通胃、通背。
2. *MaKuaiShui* (1010.14) 马快水。

Galacturia is among the five types of stranguria (i.e. slow and painful discharge of the urine, due to spasm of the urethra and bladder), namely, uropsammas (i.e. urinary gravel), urinary incontinence, galacturia, pollakiuria (i.e. abnormally frequent urination) and hematuria (i.e. presence of

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blood in the urine). Since they have already been dealt with in previous chapters, I'm going to talk only about galacturia here. The common recipe for this disease is *BiXieFenQingYin* (Decoction of Rhizoma Dioscoreae Hypoglaucae seu Septemlobae for clarifying Urine), which is normally used at the onset of the disease with damp-heat. In a chronic case, which is often due to failure of *Qi* to control fluid, *BuZhongYiQiTang* (Decoction of Reinforcing *Qi* in the Middle Energizer) can be used, with *BaiJi* (Rhizoma Bletillae Striatae) or *SheGan* (Rhizoma Belamcandae Chinensis) added to the prescription to achieve better results. Galacturia is often due to damp-heat or deficiency of *Qi* and blood, with excess syndromes seen at the onset and deficiency syndromes found in chronic cases. Both can be treated with *TongShen*, *TongWei* and *TongBei* as a group, or with *MaKuaiShui*. *ShenGuan*, *RenHuang*, *DiHuang* are also effective for the disease. Points from the fourteen regular meridians can also be used, such as *QiHai* in the Conception Vessel, an important point for treating the five types of stranguria, and *TaiChong*.

Seminal Emission 遗精

1. *XiaSanHuang* (77.18, 19, 21) 针下三皇。

ShenGuan is the best point for the disease. Together with *RenHuang* and *DiHuang*, they form a group of points for regulating and reinforcing the spleen and kidney with the effect of astringency. *GuiZhi*, *LongGu*, *MuLi* also makes a good prescription, which I often use to treat infantile enuresis. This prescription is also quite effective even for children ten or eleven years of age with enuresis, and many children recover in a week. If the prescription does not work satisfactorily, *MaHuang* 3g can be added to enable the child to wake up for urination. With Chinese drugs, acupuncture is usually not necessary for children with enuresis, but if acupuncture is used, *ShenGuan* is normally chosen. The decoction of *GuiZhi*, *LongGu* and *MuLi* is also a common prescription for frequent micturition.

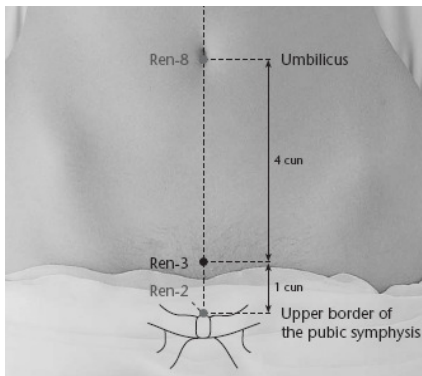
ShenGuan is an important point for seminal emission. When drugs are used, it is advisable to use the decoction of *GuiZhi*, *LongGu* and *MuLi* for different kinds of seminal emission such as seminal emission without dreams or seminal emission during defecation, so as to reinforce the kidney function.

Regular acupuncture points for seminal emission are *GuanYuan*, *QiHai* and *SanYinJiao*. *GuanYuan* is an important point for deficiency syndromes owing to its effect in reinforcing the kidney *Qi*. It is said in *BaiZhengFu* (book on a hundred diseases) that "treating turbid urine and seminal emission by puncturing the three yin meridians at *QiHai*". *QiHai* has the function of reinforcing *Qi* and inducing astringency. *SanYinJiao* can be used to treat the diseases of the spleen, liver and kidney, and is also an important point for the diseases of the urogenital system.

Hematuria 小便出血

1. *XiaSanHuang* (77.18, 19, 21) 针下三皇

Hematuria is often caused by nephropylitis or urolith rubbing against the urethra wall. To treat stones in the bladder, urethra and kidney, *MaJinShui*, *MaKuaiShui*, *LiuKuai* (1010.16) and *QiKuai* (1010.17) are used in combination. *XiaSanHuang* is effective for nephropylitis. Two effective recipes for hematuria are *XiaoJiYinZi* (Decoction of Herba Cephalanoploris) and *ZhuLingTang* (Decoction of Sclerotium Polyperi Umbellati).



Urethralgia 尿道痛

1. *FuJian* 浮间 (11.03) and *WaiJian* (11.04) 针李白、云白、浮间。
2. *MaKuaiShui* (1010.14) 马快水
3. *LingGu* 灵骨 (22.05) and *HuoZhu* 火主 (66.04) 灵骨、火主
4. *YunBai* 云白 (44.11) and *LiBai* 李白 (44.12)

Urethralgia is usually caused by cystitis or urethritis, which is known as heat stranguria in Chinese medicine. *WaiJian*, *FuJian*, *LiBai* (44.12) and *YunBai* (44.11) are all effective points for urethralgia owing to the fact that the corresponding area of *WaiJian* and *FuJian*, which lie on the fingers, is the pudendum (i.e. external genitalia of humans, especially of the female) (direct correspondence of hand

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and trunk) and the corresponding area of *LiBai* (44.12) and *YunBai* (44.11), which are located on the upper arm, is also the pudendum (adverse correspondence of hand and trunk). Alternatively, *HuoYing* and *HuoZhu*, or *LingGu* and *HuoZhu* can be used with good results. *HuoYing* and *HuoZhu*, with *TaiChong* in between, are all located in the liver meridian, which circles the genitalia and therefore can be used to treat the diseases in this area. *XingJian* is also effective since it is the spring point of the liver meridian and has the effect of purging liver fire, similar to the effect of *LongDanXieGanTang* (Decoction of Radix Gentianae for purging Liver Fire). Both *ZhongJi* (Ren 3), the front-Mu point of urinary bladder and *QiHai*, an important point for stranguria, can be used to treat urethralgia. *BaZhengSan* (Powder for Restoring Health) and *LongDanXieGanTang* are also used to treat urethralgia of damp-heat type. I often use *SiNiSan* (Powder for Treating Cold Limbs), which include *ChaiHu*, *ZhiShi* (Fructus Immaturus Citri Aurantii), *ShaoYao* and *GanCao*. *JieGeng* and *FuLing* are added to the prescription since the former can discharge pus and relieve inflammation and the latter can induce diuresis. In a severe case, *PuGongYin* (Herba Taraxaci) can be added. Pregnant women with urethritis should be treated neither with acupuncture nor with Chinese's drug recipes such as *BaZhengSan* and *LongDanXieGanTang*. I prefer to use *QingXinLianZiYin* (Decoction of Semen Nelumbinis Nuciferae for Clearing away Heart Fire), which is also effective for chronic cystitis in pregnant women.

Dysuria 小便夜闭

(i.e. painful difficult urination)

1. *TianHuang* (88.13) and *SiHuaShang* (77.08)
2. *XiaSanHuang* 下三皇 (77.18, 19, 21) 针下三皇
3. *JianZhong* 肩中 (44.06), *YunBai* 云白 (44.11) and *XiaQu* 下曲 (44.15) 针肩中, 云白, 下曲。



Dysuria with varying degrees is caused by prostatomegaly, lithiasis, tumors or neurological bladder dysfunction. *TianHuang* and *SiHuaShang*, or *YinLingQuan* and *ZuSanLi* can be used to treat the disease. *JianZhong*, *YinBai*, *XiaQu* and *XiaSanHuang* are also effective points. For dysuria caused by abdominal dropsy, *YinLingQuan* and *ZuSanLi* can be used, the former being water in earth capable of reinforcing the spleen and kidney and the latter being the earth in earth with strong effect of both replenishing the earth to reinforce *Qi* and replenishing the earth to control water. The two points are also quite effective for dysuria caused by prostatomegaly. It is said in *ZhiYaoFu* (Gist of Medicine) that "*YinLingQuan* dredges the water passages." According to *ZaBingXueFaGe* (Rhymes of Needle Manipulation for Miscellaneous Diseases), "dysuria is treated effectively with *YinLingQuan* and *ZuSanLi*. *ZhongJi*, the front-Mu point of the bladder, can also be used by pressing and releasing the point with the finger to promote the function of urination.

A case report: an old man with prostatomegaly (i.e. enlargement of the prostate) had not passed water for more than ten hours, with flushed and bloated face. I promptly treated him with *TianHuang* and *SiHuaShang*, and soon after the acupuncture treatment, he could urinate freely.

Balanitis 龟头炎

1. *XiaSanHuang* (77.18, 19, 21) 针下三皇 (加中极更佳)。

Balanitis (i.e. inflammation of the head and foreskin of the penis) is generally treated with *XiaSanHuang*, together with *ZhongJi*, *DaDun* or *XingJian*. Being the Sprint and Fire point of the liver meridian, *XingJian* is an important point for cystitis and

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urethritis. Since *HuoYing* is close to *XingJian*, this point can also be used. Both *XingJian* and *HuoYing* are also effective for glaucoma.

Impotence and Premature Ejaculation 阳萎早泄

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) (together with *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) with better effect) 针下三皇 (配水金、水通更佳)。
2. *DaDun* (LR 1) and *ShenGuan* (77.18)

Although impotence and premature ejaculation are put in the same category here, they are not the same pathologically. To treat impotence, use *DaDun* and *SanYinJiao* in combination; to treat premature ejaculation, use *ShenGuan*, *ShuiJin* and *ShuiTong* together. Both impotence and premature ejaculation can be treated with *DiHuang* in combination with *DaDun*. To treat impotence, one should treat the liver; to treat premature ejaculation, one should treat the kidney. In treating postcoital protrusion due to hyperactivity of the ministerial fire, I often use *ZhiBoDiHuangTang* (Decoction of Rhizoma Anemarrhenae Asphodeloidis, Cortex Phellodendri and Radix Rehmanniae Praeparata) to purge fire. Conversely, in treating impotence due to insufficiency of the ministerial fire, I try to replenish the fire of the gate of life, and in treating premature ejaculation due to inconsolidation of the kidney or hyperfunction of the liver in regulating the flow of *Qi* and blood, the kidney is mainly treated prior to the liver. In treating impotence, however, the liver is mainly treated prior to the kidney. Emotional stress also causes impotence and therefore it is often treated by soothing the liver, using *DaDun* and *SanYinJiao*. Premature ejaculation is mainly treated with *ShenGuan*. Impotence and premature ejaculation can be treated together, by using *DaDun* and *XiaSanHuang*, since *DaDun*, the *Jing*-well point of the liver and the wood point of the liver meridian, can soothe the liver and dispel cold and *ShenGuan* can strengthen the kidney. I have mentioned before that deficiency of *Yin* leads to hyperactivity of the ministerial fire, and therefore *ZhiBoDiHuangTang* can be used to clear away fire, thus strengthening the kidney essence. In treating premature ejaculation, not only *ZhiBoDiHuangTang* can be used to clear away fire, *JinSuoGuJingWan* (Pill for Strengthening the Kidney) can also be used to strengthen the kidney. Impotence is often a cold syndrome. According to *JinKuiYaoLue*, glands coldness is treated with *GuiZhiJiaLongGuMuLiTang*, which are also effective for premature ejaculation. To sum up, the common points for this group of diseases are *DaDun* and *XiaSanHuang*; with impotence treated mainly with *DaDun* and *XiaSanHuang*, and premature ejaculation treated mainly with *XiaSanHuang*.

Gynecopathy 妇科病

FuKe 妇科 (11.14) and *HuanChao* 还巢 (11.06) in Tung's extraordinary points are the main points frequently used for all kinds of gynecopathy. Other points such as *JieMeiYi* (88.04), *JieMeiEr* (88.05) and *JieMeiSan* (88.06) are also effective in regulating women's diseases, which Master Tung used to use frequently. Since the points are on the thigh, it causes some inconvenience and therefore I do not use it unless it is necessary, and use *FuKe* and *HuanChao* instead.

Hysteralgia 子宫痛 (i.e. pain in the uterus)

1. *MenJin* (66.05) (specially good effect)
2. *FuKe* 妇科 (11.24) (specially good effect) 针妇科穴特效
3. *HuanChao* 还巢 (11.06) (used as an adjunct point) 还巢可作配穴

FuKe used in combination with *HuanChao* is quite effective for hysteralgia. I prefer *MenJin* and *ChengJiang*. *MenJin* is connected with the lung and large intestine, with similar effect to *XianGu* in the stomach meridian. Since it is a wood point of the earth meridian, it is related to the liver and can soothe the liver *Qi* and regulate the functions of the liver and spleen. Also, since this point is on the *YangMing* Meridian, a meridian full of *Qi* and blood, it can regulate *Qi* and blood with good effect in treating physiological pains. *ChengJiang* is also an effective point for physiological pains. Being the *Jing*-well point of the conception vessel which reaches the pudendal region, it can remove cold from that region. Besides, it is at the crossing point of *YangMing* meridians of hand and foot, which

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have the function to regulate *Qi* and blood, and therefore *ChengJiang* is effective for hysteralgia, which is mostly caused by disharmony between *Qi* and blood, stasis of blood or deficiency and cold of the lower energizer.

Oviduct Obstruction 输卵管闭塞

1. *FuKe* 妇科 (11.24) (specially good effect) 针妇科穴特效
2. *HuanChao* 还巢(11.06) (used in combination with *FuKe* with better effect) 还巢、木妇可作配穴

Oviduct obstruction is mainly responsible for infertility and is treated effectively by *FuKe*. Better effect can be achieved if the point is used in combination with *HuanChao*. *MuFu* 木妇 is also effective, but since the point is on the toe, it is painful and causes inconvenience. I have a proven recipe for oviduct obstruction:

TaoHongSiWuTang (Decoction of Four Drugs Including Semen Persicae and Flos Carthami Tinctorii) plus drugs for regulating *Qi*, like *XiaoHuiXiang* (Fructus Foeniculi Vulgaris), *LianQiao* (Fructus Forsythiae Suspensae) and *XiangFu* (Rhizoma Cyperi Rotundi). This recipe is quite effective and some patients became pregnant after just corresponding with me for some time.

Hysteromyoma 子宫瘤

1. *HuanChao* 还巢 (11.06), 姐妹三 *JieMeiYi* (88.04), *JieMeiEr* (88.05), and *JieMeiSan* (88.06) 还巢, 姐妹三
2. Prick the area between *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) to let out blood. 重子至重仙直线上点刺, 再针还巢。
3. *FuKe* 妇科 (11.24) (quite effective), *HuanChao* (11.06) (more effective when used in combination with *FuKe*) 妇科穴亦特效
4. Prick the area between medial malleolus and *SanYinJiao* (SP 6) to let out blood.

FuKe and *HuanChao* are the main point for the disease. Pricking the area between *ChongZi* and *ChongXian* or between medial malleolus and *SanYinJiao* alternatively to let out blood is also effective, but may be more painful. Small tumors can be resolved but it is difficult to resolve tumors over six centimeters in diameter. Generally, combination of acupuncture with drugs will produce better effect. The commonly used drugs include *GuiZhiFuLingWan* (Pill of Ramulus Cinnamomi Cassiae and Sclerotium Pariae Cocos) and drugs for softening and resolving hard masses. Recipes for activating blood circulation and resolving phlegm are frequently used of both tumors and gynecopathy. To resolve phlegm, *ErChenTang* (Decoction of Two Old Drugs) which includes *BanXia*, *ChenPi*, *FuLing* and *GanCao*. *BanXia* and *ChenPi* are important drugs for resolving phlegm since they can remove dampness and promote the flow of *Qi*. *FuLing* can eliminate dampness and prevent the formation of phlegm. The prescriptions for resolving phlegm in *ShangHangLun* does not include *ChenPi* and *FuLing* often used to resolve phlegm. In *LingguiZhuGanTang* (Decoction of Sclerotium Poriae Cocos, Ramulus Cinnamomi Cassiae, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae Uralensis), for example, *FuLing* is used as the main herb for resolving phlegm. Activating blood circulation and resolving phlegm is a good method to treat miscellaneous diseases, and Master Tung *JingChang* often treats these with *SiHuaWai*, which is located very close to *FengLong*. *FengLong* is the collateral point of the stomach meridian, and therefore can be used to treat diseases of the spleen and stomach. Also, since "phlegm accumulates at *FengLong*", puncturing this point can treat phlegm disorders. Pricking the point to let out blood can also treat blood stasis, and so this point can treat both phlegm retention and blood stasis. According to the theories of Chinese medicine, both blood stasis and phlegm retention are likely to occur in chronic, intractable, miscellaneous and weird diseases. *SiHuaWai* can be used as the main point for serious diseases by pricking it to let out blood. As far as herbs for softening and resolving hard masses in the treatment of hysteromyoma are concerned, the commonly used ones are *XiangFu* (Rhizoma Cyperi Rotundi), *XuanShen* (Radix Scrophulariae Ningpoensis), *ZheBeiMu* (Bulbus Fritillariae Thunbergii) and *MuLi* (Concha Ostreae). In a sever case, *ChuanShanJia* (Squama Manitis Pentadactylae), *SanLeng* (Rhizoma Sparganii Stoloniferi) and *E Zhu* (Rhizoma Curcumae) can be added to enhance the effect of activating blood circulation. Sometimes, *GuiZhiFuLingWan* (Pill of Ramulus Cinnamomi Cassiae and Sclerotium Pariae Cocos) is used in combination with *YiYiRen* (Semen Coicis Lachryma-jobi) with good effect. Activating blood circulation

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to remove blood stasis by acupuncture can be done by pricking the area between medial malleolus and *SanYinJiao* to let out blood.

Leucorrhea with Red and White discharge 赤白带

(i.e. a whitish, viscid discharge from the vagina and uterine cavity)

1. *HuanChao* (11.06) 针还巢
2. *FuKe* (11.24) 针妇科穴
3. *JieMeiYi* (88.04), *JieMeiEr* (88.05), *JieMeiSan* (88.06) and *MuFu* (66.02) 针姐妹三、木妇
4. *TongShen* (88.09), *TongBei* (88.11) and *TongWei* (88.10) 针通肾、通背、通胃亦效

FuKe and *HuanChao* are effective for this disease. *JieMeiEr*, *JieMeiSan* and *MuFu* are also very effective, but because of their locations, it is not so convenient to use them. *YunBai* and *LiBai*, at the thick muscles of the shoulder, have the effect of invigorating the spleen *Qi* and removing dampness, and according to the "adverse correspondence of hand and trunk" their corresponding area is the pudendal part of the body. Therefore they can also be used to treat the disease. Leucorrhea with red and white discharge is often caused by spleen deficiency, severe dampness or failure of *Qi* function. When caused by spleen deficiency, *LingGu* and *DaBai* can be used, and *YunBai* and *LiBai* are also frequently used. *LingGu* and *DaBai* can treat leucorrhea by invigorating *Qi*. Other points such as *XiaSanHuang*, *TongShen*, *TongBei* and *TongWei* are also effective for leucorrhea owing to the fact that they are all on the spleen meridian and can reinforce both the spleen and kidney. However the commonly used points are *XiaSanHuang*, which include *ShenGuan*, for enhancing the function of *Qi*, and *RenHuang*, for regulating the spleen, liver and kidney, and these make a desirable group of points for leucorrhea with red and white discharge.

The prescription *WanDaiTang* (Decoction for removing mucus) for leucorrhea with red and white discharge is effective. It is the formula of *FuQingZhu*'s works on women's disease in *Qing* dynasty. It has the effect of invigorating the spleen, regulating *Qi*, and removing dampness and mucus. The yellowish leucorrhea is caused by damp-heat, and *XingJian* can be used for removing damp-heat of liver and gallbladder. *MuFu* is also effective, since it treats the disharmony of liver and spleen and damp-heat of liver and gallbladder. If itching of pudendum caused by leucorrhea with yellow discharge, hp bath can be done with decoction made from *KuShen* (*Radix Sophorae Flavescentis*) 15g and *SheChuangZi* (*Fructus Cnidii Monnieri*) 25g.

Pudendum swelling 阴肿

1. *HuanChao* (11.06) 针还巢
2. *FuKe* (11.24) 针妇科穴

Besides *HuanChao* and *FuKe*, *HuoZhu*, *HuoYing* and *XingJian* can also be used for this disease. In a severe case, bloodletting can be performed along the area from medial malleolus and *SanYinJiao* (SP 6). Since the Liver meridian runs through the lower abdomen and circles the pudendum, and the kidney opens into the Anterior and Posterior Genitalia, diseases of the pudendum is often treated by treating the liver and kidney. Besides, since diseases of the pudendum are often due to damp-heat, treatment is usually given to remove damp-heat.

Vaginitis 阴道炎 (i.e. inflammation of the vagina)

1. *YunBai* (44.11) and *HaiBao* (66.01) 针云白、海豹
2. *FuKe* (11.24) 针妇科穴
3. *HuoZhu* (66.04) and *HuoYing* (66.03)

Vaginitis is often accompanied by yellow leucorrhea and can be treated effectively with *YunBai* and *HaiBao*. But the latter is on the toe and is therefore painful. Besides, *HuoZhu* and *HuoYing* are also effective for the disease since diseases of the pudendum are mostly due to damp-heat. *FuKe* is also effective. If itching of the local area occurs, hp bath can be done with decoction made from *KuShen* (*Radix Sophorea Flavescentis*) 15g and *SheChuangZi* (*Fructus Cnidii Monnieri*) 25g.

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Dysmenorrhea (i.e. painful cramps during menstruation) 子宫炎 (经痛)

1. *MenJin* (66.05) (specially good effect) 门金穴特效
2. *MuFu* (66.02) 针木妇
3. *FuKe* (11.24) (specially good effect) 针妇科穴

MenJin is an effective point for dysmenorrhea since it can relieve pain, soothe the liver *Qi* and regulate the liver and spleen. *NeiTing* which lies just in front of *MenJin*, is also quite effective. *FuKe* is the main point for gynecopathy and is also effective for dysmenorrhea. Generally speaking, *MenJin* is used to treat acute painful diseases and *FuKe* is for the chronic ones. All the diseases of the uterus can be treated with *FuKe*.

Difficult Labor 难产

1. *HuoBao* (55.01) 针火包

HuoBao as a point from Tung's extraordinary points is used for difficult labor. Generally, *ZhiYin* and *SanYinJiao* from the fourteen regular meridians are used for this disease. Ancient people used to use *HeGu* and *SanYinJiao* for abortion. *HuoBao*, *ZhiYin* and *SanYinJiao* used together are quite effective for difficult labor. *HuoBao* alone is effective but it is better to combine it with *SanYinJiao*.

I met with a case of difficult labor in 1998 when I was giving volunteer treatment in northern Burma. A pregnant woman was having difficult labor after three days of delivery pains and I was asked to help. I used *HuoBao*, *ZhiYin* and *SanYinJiao* and the position of the fetus returned to normal position in less than an hour so that the woman finally had a smooth labor.

These points have the effect of relieving the obstruction in the lower energizer and regulating the function of the uterus. They can also be used to treat retention of placenta. As for Chinese herbal medicine, I use *ZhangZhongJing's TuoHuaJian* (Decoction for Difficult Labor) with good result. The components of this recipe include *DangGui*, *RouGui*, *ChuanXiong*, *NiuXi* (Radix Achyranthis Bidentate), *CheQianZi* (Sement Plantaginis) and *HongHua* (Flos Carthami Tinctorii), all of which can be used to treat difficult labor.

Long-Lasting Infertility 久年不孕

1. *FuKe* (11.24) (specially good effect) 妇科穴特效
2. *HuanChao* (11.06) 还巢穴亦有效
3. Bilateral alternate use of *FuKe* (11.24) and *HuanChao* (11.06) (better effect) 妇科、还巢，左右交刺尤效

FuKe and *HuanChao* are most effective for infertility, and not any of the points from the fourteen regular meridians are comparable with these two points. The theories of Chinese medicine state that long-lasting infertility is in most cases accompanied by blood stasis and therefore in treating this disease, bloodletting can be performed between medial malleolus and *SanYinJiao* before *FuKe* and *HuanChao* are used. The two points can be used alternately, i.e., left *FuKe* and right *HuanChao* at a time and vice versa. It is preferable to give treatment everyday or every other day, which was the case 30 years ago, with good results. Nowadays people are too busy to receive treatment so frequently and of course it takes longer to see the therapeutic effect, two to three months for young people and four to five months for older women. Generally the younger the patient, the better the results, the better the therapeutic effect and vice versa. A 28 year old woman who has not been pregnant for eight years, for example, is treated more effectively than a 30 year old newly wed. This shows that it doesn't matter how long you have been married, but age is an important factor. For older patients, the needle should be retained for longer time and the treatment is to be given mainly to activate blood circulation and resolve phlegm, and also to regulate the liver and kidney. Infertility due to oviduct obstruction is best treated with *FuKe* and *HuanChao*. It doesn't matter if a patient who is unaware of her own pregnancy continues to use these two points, since they have dual-regulating effect, being also able to prevent abortion. Both *FuKe* and *HuanChao* can reinforce the liver and kidney, regulate the flow of *Qi*, activate blood circulation and resolve phlegm, and are very good point for women's diseases. *FuKe* is on the lung meridian and therefore can regulate the flow of *Qi*. *HuanChao* is on the triple energizer meridian and can regulate the flow of *Qi* and resolve phlegm. Through

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internal organs, *FuKe* is connected with the kidney and can reinforce the liver and kidney, and *HuanChao* is connected with the bladder, which includes the uterus according to the theories of Chinese medicine. For example, the syndrome of blood retention among the syndromes of *TaiYang Fu* organ in *ShangHanLun* include blood retention in the uterus, which can be treated with *TaoHongChengQiTang* (Decoction of Semen Persicae and Flos Carthami Tinctorii for Purgation). As another example, both *TaoHongChengQiTang* and *GuiZhiFuLingWan* commonly used for women's diseases include *GuiZhi* which is a drug for *TaiYang* meridian.

Since there are many different causes of infertility, treatment should be given accordingly. For instance, it is complicated to consider using drugs to promote ovulation if corpus luteal hormone does not solve the problem, but the problem is easily solved by using acupuncture with the points mentioned above. For infertility due to emotional depression and stress, *XiaoYaoSan* (Ease Powder) and *DangGuiShaoYaoTang* (Decoction of Radix Angelicae Sinensis and Paeonia Lactiflora Pall) can be used in combination with *TuSiZi* (Semen Cuscutae Chinensis), *XianLingPi* (tip of Radix Angelicae Sinensis) and *ZiShiYing* (Amethystum) to reinforce the kidney and warm the uterus. I used this method to treat many patients, mostly due to deficiency of the liver and kidney and accumulation of cold in the uterus. During 30 plus years of clinical practice, I have used *WenJingTang* (Decoction for Warming Uterus) from *JinKuiYaoLue* to treat many patients. Sometimes infertility is caused by oligozoospermia (i.e. decreased number of spermatozoa in the semen) in the male, and male infertility should be treated, using *LiuErWuTang* (Six Two Five Decoction), i.e., *LiuWeiDiHuangWan*, *ErXianTang* and *WuZiYanZongWan* (Pill of Five Drugs for Infertility). Generally, after taking these recipes for two months, the patient will have enough sperm for pregnancy.

To treat metrorrhagia (i.e. uterine bleeding occurring at irregular intervals and sometimes of prolonged duration), *SanChaYi* (A.02) can be used to invigorate *Qi* and induce astringency. Its location corresponds with the extraordinary point *DuanHong*, a common point for metrorrhagia. As for points from the regular fourteen meridians, *DaDun* is the best point and *YinBai* is also effective. Chinese medicine holds that "the liver stores blood and spleen controls blood." Metrorrhagia is related to the liver and spleen, and since *DaDun* is the *Jing*-well point of the liver meridian and *YinBai* is the *Jing*-well point of the spleen meridian, both can be used to treat acute cases. To treat the disease with Chinese drugs, *JiaAiSiWuTang* (Decoction of Four main ingredients including Colla Corii Asini and Folium Artemisiae Argyi) can be used to arrest bleeding followed by *DangGuiShaoYaoSan* (Powder of Radix Angelicae Sinensis and Paeonia Lactiflora Pall) to regulate blood. The reason why powder is used is that decoction may have adverse effect of failure to stop bleeding. To regulate menstruation, just use *FuKe* and *HuanChao*, or use *DangGuiShaoYaoSan*. It is important to determine the nature of the menstruation. Premenstrual period is due to heat and *QuChi*, *HeGu* and *SanYinJiao* can be used; delayed menstrual period is often due to cold, and *LingGu*, *ShenGuan* and *SanYinJiao* can be used. Irregular menstrual period is often caused by disorder of liver *Qi*, and this is treated with *HeGu*, *TaiChong* and *SanYinJiao*. For heat syndromes, use *DanZhiXiaoYaoSan* (Powder of Cortex Moutan Radicis and Fructus Gardeniae Jasminoidis); for cold syndromes, use herbs for warming and invigorating purposes.

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Apoplexy 中风症

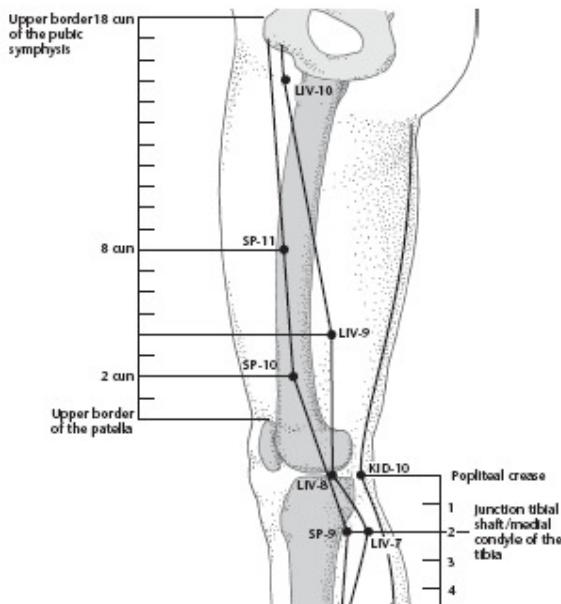
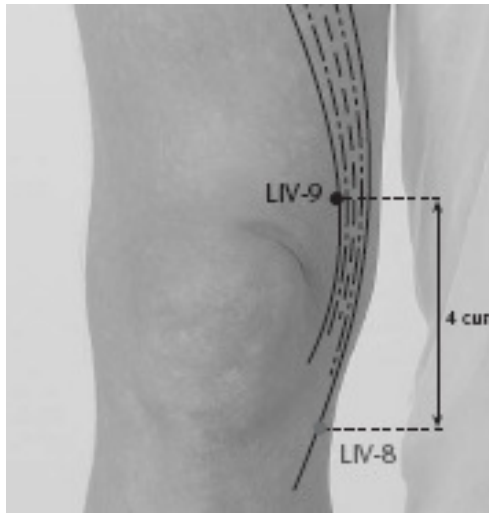
(I.e. Sudden impairment of neurological function, especially from a cerebral hemorrhage; a stroke)

Apoplexy (Coma) 中风

1. Prick the twelve *Jing*-well points (bloodletting)
2. *RenZhong* (Du 26), *NeiGuan* (PC 6), *YongQuan* (KI 1) and *TaiChong* (LR 3)
3. *ZhengHui* (1010.01), *QianHui* (1010.05), *HouHui* (1010.06) and *LingGu* (22.05)

At the acute phase of apoplexy, coma may occur, which can be treated with either acupuncture or Chinese drugs, with good results. It is commonly known that apoplexy with coma can be treated by pricking the twelve *Jing*-well points to let out blood. According to *ShangHanLun*, "coma occurs when *Yin* and *Yang* fail to connect with each other." The *Jing*-well points are the starting or terminating points of the meridians,

and pricking these points may "connect *Yin* and *Yang*". According to *NeiJing*, "to treat diseases of the *Zang* organ, use the *Jing*-well points." It follows that the *Jing*-well points are especially effective for an acute case of apoplexy. Sometimes it is inconvenient to use the points on the foot, and points on the hand are more often used. The points on the foot can be used selectively, e.g. *DaDun*, *YinBao* (LV 9) and *LiDui* used first, followed by other points such as *BaiHui*, *RenZhong*, *NeiGuan* and *TaiChong*.



Over the past 30 years, I have treated many patients with apoplexy, including those with coma or hemiplegia. In 1980, I treated a patient named *Ruan*, who was in coma with dysuria and high B.U.N. (Blood Urea Nitrogen) level. I performed bloodletting at all the *Jing*-well points on the hand and *DaDun*, *YinBao* and *LiDui* on the foot. Then, I give an acupuncture treatment at *BaiHui*, *NeiGuan* and *YongQuan*. I didn't use *RenZhong* because the patient was wearing an oxygen hood tent. After that, I tube fed the patient with *AnGongNiuHuangWan* (Pill of Calculus Bovis for Resurrection). Soon afterwards the patient could pass water freely and B.U.N. level went down greatly. I continued to use *AnGongNiuHuangWan* and he regained consciousness on the third day.

Another case involved a woman named *Wan*, who was in coma for over fifty days caused by angioma rupture due to brain vein malformation. I also treated her with bloodletting at the *Jing*-well points and prescriptions for activating blood circulation

and resolving phlegm. *AnGongNiuHuangWan* was not used since this prescription works well soon after coma occurs and the patient had been in coma for two or three months. Instead I used *ErChenTang* (Decoction of two Old Drugs) to resolve phlegm and *SanQiFen* (Powder of Radix Notoginseng) to activate blood circulation. Later I also used *GuaLou* (Fructus Trichosanthis) to resolve phlegm and *DaHuang* (Radix et Rhizoma Rhei) to relax the bowels and promote blood circulation. I also used *TingLiZi* (Semen Lepidii seu Descurainiae) and *LongDanCao* (Radix Gentianae), and these two drugs played a very important part in curing the disease. According to *ShangHanLun*, *TingLiDaZaoTang* (Decoction of Semen Lepidii seu Descurainiae and Fructus Zizyphi Jujubae) can be used to treat hydrothorax, suggesting that *TingLiZi* (Semen Lepidii seu Descurainiae) is a good herb for fluid retention in the upper part of the body. *LongDanCao* (Radix Gentianae) can purge the liver fire, and the two

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herbs used together are very effective for brain edema with brain hypertension in coma patients. Finally the patient regained consciousness after the ninth day of coma.

In fact, the patient became partially conscious in the course of the treatment. After coma was completely gone, I tried to treat hemiplegia as the sequela of the disease, and the patient gradually fully recovered. In a work, herb for activating blood circulation and resolve phlegm can cure many unusual diseases.

Hemiplegia 半身不遂 (偏枯)

1. *LingGu* (22.05) and *DaBai* (22.04) (especially effective) 灵骨、大白特效
2. *JiuLi* (88.25, 26, 27) with point-coupling technique (especially effective) 九里倒马亦特效。
3. Bilateral *ChongZi* (22.01) and *ChongXian* (22.02) (very effective) 对侧重子、重仙, 效亦佳
4. *ShenGuan* (77.18) 肾关
5. *ZhengHui* (1010.01) and *HouHui* (1010.06) 正会、后会
6. *WuLing* (DT.04) (bloodletting)

Hemiplegia responds well to Chinese medicine, especially acupuncture, which is far more effective than western medicine. The first point is *MuHuo*, which should be used only several times and should not be used any longer. We use *MuHuo* because apoplexy is closely related to the liver wind and phlegm fire, and is sometimes caused by the falling off of the heart thrombus. Also, all the *Yang* meridians reach the head and the pericardium and liver meridians among the *Yin* meridians also reach the head. Acupuncture at *MuHuo*, therefore, corresponds with the liver (wood) and the pericardium (fire). Besides, this point is adjacent to the *Jing*-well point of the pericardium meridian, just between the *Jing*-well (wood) point and the *Ying*-spring point (fire), and that is why it is called *MuHuo* (wood-fire) in Chinese. Since *Jing*-well points can treat mental diseases, it is very effective for apoplexy. According to Master Tung's experience, *MuHuo* should not be used too many times and the needling time should not be long. For apoplexy with hemiplegia, the first treatment with this point is about 7-8 minutes, and then *LingGu* and *DaBai* and preferably *QiLi* and *JiuLi* with point-coupling technique can be used. *LingGu* and *DaBai* are mainly used to treat weakness and spasm of the lower limbs, and the upper limbs as well. They are the most effective points for hemiplegia. For weakness and spasm of the upper limbs, *QiLi* and *JiuLi* are also effective. The needling time of *MuHuo* should be 5-6 minutes during the second and third sessions of treatment, 4-5 minutes during the fourth and fifth sessions and 3-4 minutes during the sixth and seventh session. Severe cases can be treated by bloodletting at *WuLing* at the back every week or every 15 days.

Early treatment is very important. The following conditions can certainly be cured. The first is early treatment given within three months after the onset of apoplexy, certainly with good effect. Very good effect can also be obtained as long as the patient receives treatment within six months after the onset. The second is related to the age. Good effect can be obtained for patients under 60 years of age, and apoplexy patients are mostly between 50-60 years old. There are also many patients about 60-70 years of age, and the earlier the treatment, the better the effect. As a rule, the effect of treatment for the first attack is the best; the effect is less satisfactory for the second attack, and even worse for the third attack. Generally speaking, acupuncture treatment for apoplexy should be given mainly on the unaffected side of the body, but for chronic cases (two or three years), the affected side should also be punctured to achieve better effect. During the first attack, many patients have paralysis only on one side, but during the second attack, both sides are affected. Physiotherapy is given to some patients but the effect is not so satisfactory. Chinese medicine, especially acupuncture, is absolutely superior to western medicine in this area. It is still possible to cure apoplexy lasting for 2-3 years, but the treatment takes longer time and Chinese herbs should be used in conjunction with acupuncture. Therefore, getting treatment earlier is the better.

LingGu and *DaBai* are very effective for hemiplegia, more effective than *QuChi*, *YangLingQuan*, *XuanZhong* and *TaiChong*. In fact *LingGu* and *DaBai* are a group of "wood-fire points", similar to *MuHuo*. *DaBai*, a wood point according to the theory of the five elements, is close to *SanJian* of the large intestine meridian, and *LingGu*, a fire point, is close to *YangXi*. The two points used together with point-coupling technique can treat both wood and

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fire. *MuHuo* on the middle finger connects with foot *JueYin* meridian (liver meridian) through the hand *JueYin* meridian (pericardium meridian), and therefore can be used to treat liver wind. *LingGu* and *DaBai* on the large intestine meridian connect with the large intestine through the liver and therefore can also be used to treat liver wind. Besides, *DaBai* is related to the lung, and since the large intestine and the lung are internally and externally related to each other, points on the large intestine meridian can also be used to treat lung diseases or invigorate *Qi*. *LingGu* should be inserted just against the bone, which corresponds with the kidney, and can be used to reinforce the kidney *Qi*. Thus, *LingGu* and *DaBai* are a group of points very effective for apoplexy since they can be used to reinforce the spleen, liver, kidney, *Qi* and blood. Generally speaking, doctors would like to use *BuYangHuanWuTang* (Decoction for Invigorating Yang for Recuperation) to treat apoplexy, but I prefer to use *ZhenWuTang* (Decoction for Strengthening Spleen Yang) as well to enhance the effect. The former is effective in invigorating *Qi* and activating blood circulation, while the latter can warm the kidney Yang and invigorate both the liver and kidney. These two recipes are important ones for hemiplegia. Kidney deficiency, a common cause of hemiplegia, can be dealt with by using *ShenGuan* in the lower limbs or *ShuiTong* and *ShuiJin* on the face to enhance the effect of invigorating the kidney. Besides, *JiuLi*, *QiLi*, *ZhengHui* and *HouHui* with point-coupling technique are all the points Master Tung frequently used to treat the disease. Several groups of points can be selected and used alternately, but *LingGu* and *DaBai* are certainly the most important and most commonly used points.

Apoplexy with Aphasia 中风（昏迷不语）

1. *ZhengHui* 正会 (1010.01) and *HouHui* 后会 (1010.06) 正会、前会、后会、灵骨
2. Prick to let out blood.

To treat apoplexy with aphasia, *ZhengHui* should be punctured first and then *HouHui*, followed by *ShangQiu*, the Jing-river point of the spleen meridian, which connects with the root of the tongue. It is stated in *NeiJing* that "Jing-river points can be used to treat disorders of the voice." Pricking *ZongShu* 总枢 (1010.07), *FengFu* and *YaMen* to let out blood is also quite effective. This method also works for apoplexy with dysphagia or supranuclear paralysis. The best recipe for the disease is *DiHuangYinZi* (Decoction of Radix Rehmanniae), which can be used in combination with bloodletting at *FengFu* and *YaMen*. The ingredients of *DiHuangYinZi* include *BaJiTian* (Radix Morindae Officinalis) and *RouGui* (Cortex Cinnamomi Cassiae) for warming Yang and *DiHuang* (Radix Rehmanniae) for nourishing Yin. Most cases are due to Yang deficiency and are treated with *BuYangHuanWuTang* and *ZhenWuTang* used in combination, while those with Yin deficiency are treated more effectively with *DiHuangYinZi*. *ZongShu*, which is between *FengFu* and *YaMen*, *FengFu* and *YaMen* are the most frequently used points for apoplexy with aphasia.

Limb Tremor (Parkinson's syndrome) 四肢发抖（帕金森症）

1. *ShenGuan* 肾关 (77.18), *FuLiu* 复溜 (KI 7) and *MingHuang* 明黄 (88.12) 肾关、复溜、明黄
2. *MingHuang* 明黄 (88.12), *QiHuang* 其黄 (88.14) and *ShenGuan* 肾关 (77.18) 明黄、其黄、肾关
3. *ZhengHui* 正会 (1010.01), *QianHui* 前会 (1010.05) and *MuZhi* 木枝 (1010.18) 正会、前会、木枝

Limb tremor, including Parkinson's syndrome, is in most cases due to Yin deficiency, and a minority of cases is due to "deficiency of Yang and stirring of wind". Acupuncture is quite effective for this kind of diseases of the neurological system, but it takes relatively longer time to treat those due to deficiency of Yin and stirring of wind with acupuncture. Chinese medicine believes that limb tremor is related to the liver and kidney. In *BinJiShiJiuTiao* (Pathogenesis No. 19) from *NeiJing*, it is said that "the various kinds of trembling and dizziness due to wind are related to the liver" and "the various kinds of trembling and dizziness due to cold is related to the kidney". Since most patients with Parkinson's syndrome are due to wind and deficiency of Yin of the liver and kidney, treatment should be given to treat both the liver and kidney. In using acupuncture, the main principle is "two liver points and one kidney point" or "two kidney points and one liver point". *ShenGuan* and *FuLiu* are points for reinforcing the kidney; *MingHuang* and *QiHuang* are points for the liver. In treatment, two kidney points, *ShenGuan* and *FuLiu* or *TaiXi*, and one liver point, *MingHuang* or *QiHuang* or *TaiChong*, are used at one time, and at another time, two

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liver points, *MingHuang* and *QiHuang* or *TaiChong*, and one kidney point *ShenGuan* or *FuLiu* or *TaiXi* are used. This method used alternately is quite effective. Besides, *ZhengHui* and *HouHui* can be used to enhance the sedative effect, and can also be added to treat senile asthenia and dispel wind. These Tung's extraordinary points can be used together with the points from the fourteen regular meridians, with good effect. Thus, *HeGu* and *TaiChong* can be used together with *SanYinJiao*. In scalp acupuncture, Tung's extraordinary points can be used together with these points at the tremor control area, and Tung's extraordinary points can be used alternately. For *Yang* deficiency with stirring of mild wind accompanied by aversion to cold, *ZhenWuTang* can be used with modification; for *Yin* deficiency with stirring of wind, *TianMa* (*Rhizoma Gastrodiae Elatae*), *GouTeng* (*Ramulus Uncariae cum Uncis*) and *LingYangJiao* (*Cornu Saigae Tataricae*) can be used in combination. Besides, drugs from shells such as *MuLi*, *GuiBan* (*Plastrum Testudinis*), *BieJia* (*Carapax Tionycis*), *ShiJueMing* (*Concha Haliotidis*) and *ZhenZhuMu* (*Concha Margaritifera Usta*) can also be used. These drugs have sedative effect and can be used to "control mobility with tranquility." Other drugs such as *QuanXie* (*Buthus Martensi*), *WuGong* (*Scolopendra Subspinipes*), *JiangCan* (*Bombyx Batryticatus*) and *DiLong* (*Pheretima*) can be used to "control mobility with mobility." In addition, *MuGua* (*Fructus Chaenomelis*), *ShaoYao* (*Paeonia lactiflora* Pall), *GanCao* and other related herbs can be used to suppress liver wind. At the late stage of the treatment, drugs for reinforcing the kidney *Yin*, like *DiHuang* and *HeShouWu*, and drugs for nourishing blood and dispel wind, like *DangGui* and *DanShen* can be used.

The most commonly used recipes for the disease are *DingZhenWan* (Pill for Easing Tremor), *SanJiaFuMaiTang* (Decoction of Three Shell Drugs) and *DaDingFengZhu* (Great pearl for wind syndrome), the first being a recipe from *ZhengZhiZhunSheng* (Standards of Diagnosis and Treatment), and the second and the third being recipes from *WenBingTiaoBian* (Treatise on Differentiation and Treatment of Epidemic Febrile Diseases).

SanJiaFuMaiTaing (Decoction of Three Shell Drugs) is in fact *ZhiGanCAoTang* (Decoction of Radix Glycyrrhizae *Uralensis Praeparata*) plus the three shell drugs, i.e. *MuLi*, *GuiBan*, and *BieJia*, with astringing and tranquilizing effect.

Apoplexy with Hand Convulsion 中风手拘挛

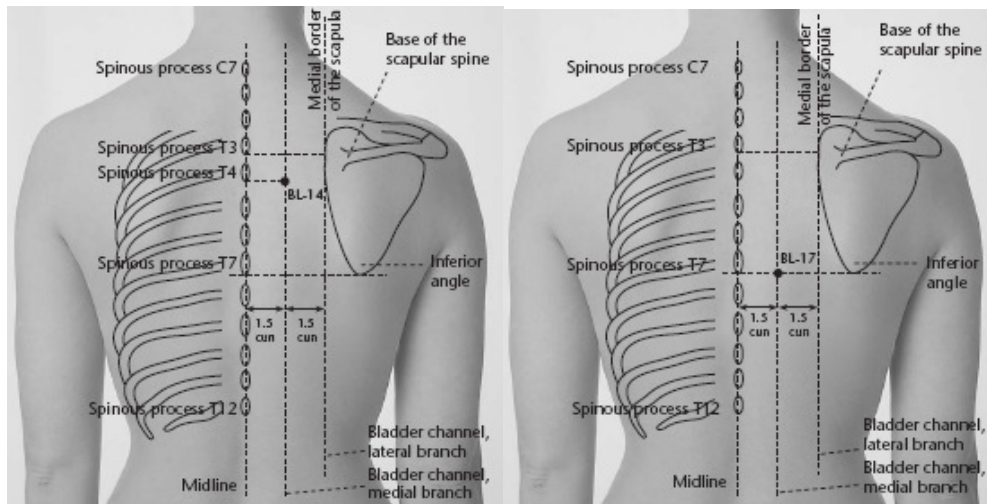
1. *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) on the opposite side 针对侧重子, 重仙有效
2. Bloodletting at *QuLing* (33.16)

ChongZi and *ChongXian* on the opposite side can be used to treat this disease. In a severe case, *ChiZe* on the affected side can be used, either by bloodletting or needling with reducing method. Bloodletting is more effective and puncturing *ChiZe* follows the principle of "treating tendon with tendon", since this point is just next to the great tendon. *ChiZe* is also the water point or the son point of the metal meridian and therefore can be used to reduce the metal, making it unable to control wood, and as a result the wood or rather the tendon is at ease. This method is also effective for frozen shoulder. Needling *ChiZe* with reducing method can soothe the liver and bloodletting at the point can activate the blood circulation to remove blood stasis, both being good methods for this disease. The disease is very difficult to treat in those whose shoulders drop down two or three finger breadth.

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Miscellaneous Diseases 难症 (should be translated as difficult diseases)

Hypertension



1. *WuLing* 五岭 (DT.04) [1.5 inches lateral to the line from the fourth to the seventh thoracic vertebrae, *JueYinShu* 厥阴俞 (BL 14) and *GeShu* 膈俞 (BL 17) on the bladder meridian], bloodletting along the line between *HuoYun* 火云 (DT.IV) and *TuXie* 土泄 (DT.X). 五岭穴之（第四胸椎至第七胸椎两旁一寸半，膀胱经线上的厥阴俞至膈俞）火云至土泄，点刺放血。
2. Bloodletting at *WeiZhong* 委中 (BL 40) just on the blue vein. 委中青筋点刺出血
3. Bloodletting at *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外(77.14) 四花中、外，点刺出血
4. *ZhongBai* 中白 (22.06) 中白穴亦有效
5. Bloodletting at the tip of the ear.
6. Bloodletting at *TaiYang*.
7. *HuoJu* 火菊 (66.11) and *HuoYing* 火硬 (66.03)

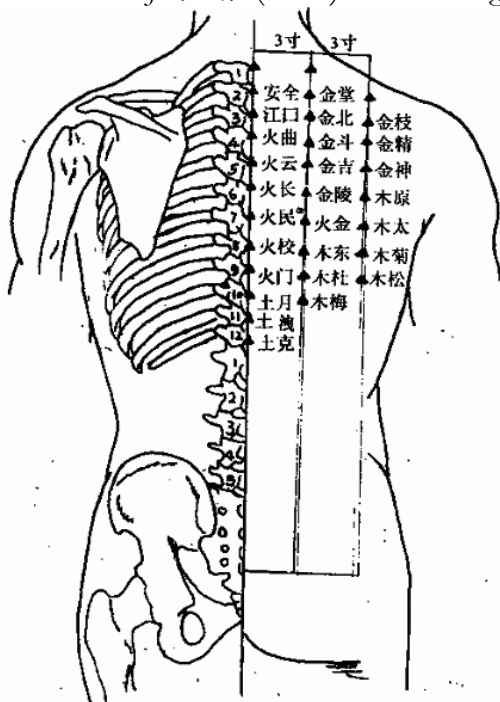


图11-3 五岭穴图



The Medical Society of the USA has recently re-formulated a new standard for hypertension. The normal blood pressure is around 80 systolic pressure and 120 diastolic pressures. Those with a blood pressure range of between 80-90 systolic

pressure and 120-135 diastolic pressure are considered to have "pre-hypertension", the former standard for which was about 90 systolic pressure and 140 diastolic pressure.

Hypertension responds well to bloodletting therapy. *ZhongBai*, *XiaBai*, *HuoJu* and *HuoYing* are all very effective for the disease. When bloodletting is given, the common points include *SiHuaZhong*, *SiHuaWai*, *WeiZhong*, *WuLing*, *QuChi* and *Xingjian*. *HuoJu* is close to *GongSun* and is also effective for hypertension. Part of its Chinese meaning is chrysanthemum, which has the effect of lowering blood pressure. Diastolic pressure in most cases involves the heart and

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systolic pressure, the kidney. Most hypotension patients have kidney diseases with edema or uremia. On the other hand, heart diseases are mostly accompanied by hypertension (high diastolic pressure). Renal hypertension can be treated with acupuncture at *ShenGuan*, *YinLingQuan* and *TaiXi*, which are also effective for edema and albuminuria. For those with high diastolic pressure, the heart blood vessels are affected and should be treated. This is related to long-lasting emotional tension and the etiology may include in coordination between *Yin* and *Yang* in the liver and kidney, or by accumulation of phlegm-dampness. In treatment, *HuoJu* and *HuoSan* 火散 (66.12), or *QuChi*, *NeiGuan* and *ZuSanLi* can be used. For hypertension without kidney diseases, *QuChi*, *YangLingQuan* and *TaiChong* can be used with very good effect. For those with kidney disease accompanied by edema, points for the kidney should be added. The common syndromes of hypertension include hyperactivity of liver *Yang* and deficiency of *Yin* in the liver and kidney. Besides, deficiency of kidney *Yang* may arise as a result of damage to *Yin*. Recipes for hypotension include *LiuWeiDiHuangTang* (Decoction of Six Herbs Including Radix Rehmanniae) and *ZhenWuTang* (Decoction for Strengthening Spleen *Yang*), which are also effective for parenchymatous kidney diseases. Alternatively, *FangJiHuangQiTang* (Decoction of Radix Stephaniae Tetrandrae and Radix Astragali seu Hedysari) and *LiuWeiDiHuangTang* can be used in combination. Ordinary hypertension can be treated with *TianMaGouTengTang* (Decoction of Rhizoma Gastrodiae Elatae and Ramulus Uncariae cum Uncis), and also with the Chinese drugs like *JuHua* (Flos Chrysanthemi Morifolii), *GouTeng*, *ShiJueMing*, *HuangQin*, *DuZhong* (Cortex Eucommiae), *SangJiSheng* (Ramulus Loranthi) and *ZeXie* (Rhizoma Alismatis Orientalis). It is comparatively easier to treat a hypertension at the onset than a chronic one. Some hypertension is secondary to brain traumatic injury, brain tumor or diseases of the endocrine system, and therefore should be treated accordingly.

Jaundice 黄疸

1. *ShangSanHuang* 上三黄 (88.12, 13, 14) 针上三黄 (*MingHuang*, *TianHuang*, *QiHuang*)

Jaundice appears when the liver and gallbladder are diseased. For chronic hepatitis with jaundice, *ShangSanHuang* can be used; for acute hepatitis the best points are *GanMen* and *ChangMen*. *WanGu* (SI 4), the *Yuan-Source* point of the small intestine which is capable of distinguishing between the clear and the turbid, is also effective. *GanMen* is on the small intestine meridian and also on the middle portion of the forearm corresponding with the liver, and therefore it is also effective for liver diseases. According to ancient medical books, "*WanGu* (SI 4) can treat jaundice" and *ZhiYang* (Du 9), which is just below the seventh thoracic vertebra, has the effect of activating *Yang* and removing dampness and is an important point for treating jaundice."

Diabetes 糖尿病

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) (with medially perpendicular insertion of the needle), together with *TongShen* 涌泉 (88.09) if great thirst occurs. 针涌泉、下三皇 (针向内斜刺)。口渴加针通肾

The commonest method of Chinese medicine to treat diabetes is to "invigorate *Qi* nourish *Yin*," or rather, invigorating *Qi* of the spleen and lung and nourishing the kidney *Yin*. Diabetes is likely to occur when both the spleen and the kidney are deficient and most diabetes patients have deficiency of the spleen and the kidney. Thirst is a symptom of kidney deficiency. *ShenGuan* and *TianHuang* are quite effective for the disease. According to *JingXuePian* (On meridians and Points), *TianHuang* is the main point for diabetes. When *TianHuang* which is the water point of the spleen meridian and coincides with *YinLingQuan* of the spleen meridian, is used together with *ShenGuan* (point-coupling technique) they can "reinforce both the spleen and kidney." *XiaSanHuang* are also very effective and *TongShen* can be added if thirst occurs. *ChengJiang* and *YangChi* (SJ 4) from the fourteen regular meridians are also effective. *ChengJiang* is the *Hui*-meeting point of the Conception Vessel and can invigorate *Yin*; it is also at the crossing point of the *YangMing* meridians of hand and foot, and so it can regulate the low of *Qi* and blood; through the crossing point of the stomach and large intestine meridians, it is internally and externally related to the lung and the spleen, and therefore it can invigorate the two organs, reinforce *Qi* and nourish *Yin*. Since it is a point that can reinforce both *Qi* and *Yin*, it is a good point for diabetes. As for *YangChi* of the triple energizer meridian, Japanese has said, "in systemic treatment, *YangChi* and *ZhongWan* are absolutely

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indispensable, and stimulating *YangChi* has the effect of regulating the functions of the internal organs. According to *YiZongJinJian*, *YangChi* is the main point for diabetes since it can regulate the *Qi* of the triple energizer. *YangChi* is the *Yuan*-source point and an earth point, and since a *Yuan*-source point correspond with *Qi* stored between the kidneys, it can regulate *Qi* and reinforce the kidney. *YangChi* is the point that the Japanese use most frequently, and since it is connected with the triple energizer through the kidney, it can reinforce the kidney. Also, since it is an earth point, it can reinforce both the spleen and the kidney. It is generally believed that in treating diabetes, one should reinforce the spleen and nourish *Yin* and herbs for warming *Yang* is seldom used. This is also the case with acupuncture, as "the principles used in pharmacotherapy also apply to acupuncture." Chinese drug recipes for the disease include *MaiWeiDiHuangTang* (Decoction of Radix Ophiopogonis, Fructus Schisandrae Chinensis and Radix Rehmanniae), which is effective for nourishing *Yin*, but not so effective for invigorating the spleen *Qi*. Therefore, *HuangQi* and *DangShen* should be added. In addition, other herbs can also be added, like *ZhiMu*, *XuanShen* (Radix Scrophulariae Ningpoensis) and *TianMaFen* (Radix Trichosanthis Kirilowii) for clearing away fire, *DanShen* for activating blood circulation, and *BaiZhu* (Radix Atractylodis) for invigorating spleen. Thus these twelve or thirteen kinds of drugs form a very good recipe for diabetes. As long as insulin is not used in the treatment, Chinese medicine treatment is very effective for diabetes even if the blood sugar level is three to four hundred. The therapeutic effect is achieved very quickly for those with the blood sugar level of one to two hundred. Some patients whose blood sugar level is three to four hundred have the normal blood sugar level after receiving treatment for several months. When diabetes is accompanied by hypertension, apoplexy is likely to occur. In such a case, *BaiHuJiaRenShenTang* (White Tiger Decoction with Radix Ginseng) and *GeGengQinLianTang* (Radix Puerariae, Radix Scutellariae Baicalensis and Rhizoma Coptidis) can be used in combination, the former for diabetes and the latter for hypertension. The two recipes used together are quite effective.

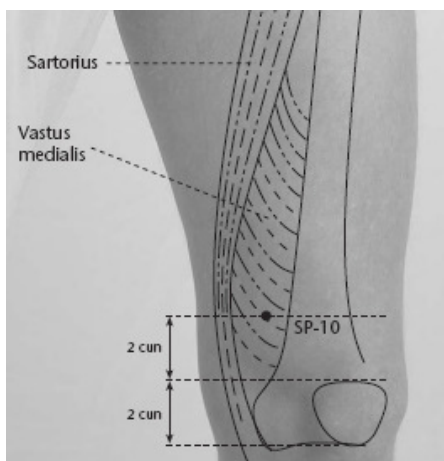
It is sometimes said that both cancer and diabetes are incurable. However, some cancer and diabetes patients can live to eighty or ninety. Diet control is very important for diabetes patients, and besides a balanced diet, exercise is also very important. Acupuncture and herbs are effective for diabetes, but if no due attention is paid to diet and exercise, recurrence may follow, making it difficult to cure the disease.

Limb Edema 四肢浮肿

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) and *TongTian* 通天 (88.03) 针下三皇、通天

Limb edema here refers to edema caused by nephritis. Whether an acute or a chronic case, *TongShen* and *TongWei* or *XiaSanHuang* can be used. For simple leg edema, *TongTian* or *TianHuang* and *SiHuaShang* or *ZuSanLi* and *YinLingQuan* can be used. To treat acute nephritis, *YueBiJiaZhuTang* (Decoction for Relieving Edema with Rhizoma Atractylodis Macrocephalae) plus *BaiMaoGen* (Rhizoma Imperatae Cylindrica) can be used to promote dispersing function of the lung and invigorate the spleen; to treat chronic nephritis, *ZhenWuTang* (Decoction for Strengthening Spleen *Yang*) can be used with modification to treat the spleen and stomach, and *GuiZhaoZhiMuTang* (Decoction of Ramulus Cinnamomi Cassiae, Paeonia lactiflora Pall and Rhizoma Anemarrhenae Asphodeloidis) can also be used in combination.

Urticaria 风疹



1. Bloodletting along the line between *TianHuang* 天皇 (77.17) and *RenHuang* 人皇 (77.21), and at *MenJin* 门金 (66.05), followed by acupuncture at *SiMa* 驷马 (88.17, 18, 19) and *JiuLi* 九里 (88.25, 26, 27) 天皇至人皇线上及门金点上放血, 再针驷马、九里
2. Bloodletting at ear back 耳背 (especially effective) followed by acupuncture at *SiMa* 驷马 (88.17, 18, 19) and *JiuLi* 九里 (88.25, 26, 27) 耳背点刺出血特效, 再针驷马、九里

The simplest method to treat this disease is to prick the back of the ear and tip to let out blood, and then use acupuncture at *SiMa* or *JiuLi*. *QuChi* and

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XueHai (SP 10) from the fourteen regular meridians are also effective. In needling these two points, one should use the method of reducing the *Ying* system, i.e. "to acquire *Qi* from the *Ying* system in reducing method", a method similar to the cool-producing method at the withdrawal of the needle in order to cool heat in the blood. As an example, if the needle is to be retained for 30 minutes, then the needle should be withdrawn one third of its depth ten minutes after the insertion, and then it is withdrawn another one third after another ten minutes and finally it is completely withdrawn at the end of the 30 minutes. This method can also be used when *QuChi* or *XueHai* are used alone. Even a better effect can be achieved if *SanYinJiao* is also used. *QuChi* is the *He*-sea point of the *YangMing* meridian of hand, which is full of *Qi* and blood, and therefore this point is effective in regulating the flow of *Qi* and blood. Also, there is thick muscle at the location of this point and therefore acupuncture at this point can invigorate the spleen *Qi*. Since the large intestine and the lung are internally and externally related, *QuChi* is an important point for skin diseases. *XueHai* and *SanYinJiao* are used mainly to regulate the blood system, and "to treat wind one must treat blood, and free flow of blood leads to relief of wind." Urticaria appearing on the upper part of the body can be treated with *JianZhong* (44.06), and on the lower part, *JiuLi* or *FengShi*. As for herbs, *XiaoFengSan* (Powder for Dispelling Wind) and *YinQiaoLiangXueTang* (Decoction of Flos *Lonicerae* and Fructus *Forsythiae* Suspensae for Cooling Blood) can be used for acute cases; *DanGuiYinZi* (Decoction of Radix *Angelicae Sinensis*) can be used for chronic cases.

Insomnia 失眠

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) and *ZhenJing* 镇静 (1010.08) (extremely effective) 针下三皇配镇静, 效果极佳
2. *DaBai* (22.04) and *JiuLi* (88.25, 26, 27) (very effective)
3. Bloodletting at the ear tip (specifically effective)

Acupuncture is very effective for insomnia. According to my experience, acupuncture treatment can achieve immediate effect. *DaBai* and *JiuLi* are very effective. *JiangGu*, which is between *DaBai* and *HeGu*, or between *SanJian* and *HeGu*, is also effective for insomnia. We all know that *DaBai* is very effective for diseases of the upper energizer, *HeGu* is very effective for diseases of the middle energizer, and *LingGu* is very effective for diseases of the lower energizer (such as sciatica). Insomnia with vexation and stuffy chest can be treated with *JiangGu* with very good effect. According to holographic correspondence, *JiangGu* corresponds with the heart and chest area, and therefore it is very effective for insomnia. The effect is more satisfactory if *FengShi* is also used. In most cases, the therapeutic effect is achieved only after the patient receives treatment once.

Twenty years ago, I used to treat insomnia with what I call *SiGuan*, i.e. *HeGu* and *TaiChong*, later with *JiangGu* and *TaiChong*, and recently with *JiangGu* and *XingJian*. *JiangGu* is anterior to *HeGu* and *XingJian* is anterior to *TaiChong*. Therefore, I call this combination of *HeGu* and *XingJian*, *SiGuan*. Anterior *SiGuan* refers to *XingJian* and *JiangGu*; the middle *SiGuan* refers to *HeGu* and *TaiChong*. *SiGuan* has tranquilizing and antispasmodic effect and is effective for insomnia and also other diseases such as tremor of the hand and foot and Parkinson's syndrome. The posterior *SiGuan*, i.e. *LingGu* and *HuoZhu*, is often used to treat diseases of the tendons and bones of the hand and foot and general joint pains, owing to the fact that the insertion of the needle at both points is just against the bones. Since they are related to wood, they are also effective for tendon problems and soreness of the whole body. *HuoZhu* is a point on the liver meridian (pertaining to wood) and can be used to treat tendon problems; it is near *TaiChong* and is an earth point, and so it can be used to treat diseases of the spleen and muscle; it is near the bone and can treat the kidney. Therefore, this point can be used to treat the spleen, liver and kidney. *LingGu* is connected to the large intestine through the large intestine meridian and the liver, and can be used to treat the liver; since the needle is inserted against the bone at this point, it can treat diseases of the tendons and bones. *LingGu* and *HuoZhu* used together can treat general joint pains and pains of the knee and elbow.

I often use *JiangGu* and *XingJian* to treat insomnia, sometimes also with *FengShi*, with good effect. Some people think that it is difficult to treat *Yin* deficiency with acupuncture, but acupuncture is quite effective for insomnia due to *Yin* deficiency. Parkinson's syndrome is also due to *Yin* deficiency, but it can be treated with acupuncture,

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and of course it takes longer. The reason why *SiGuan* can treat many neurological diseases lies in the fact that *HeGu* is the *Yuan*-source point of the large intestine meridian and *TaiChong* is the *Yuan*-source point of the liver meridian. Thus, one in the upper part and one in the lower part; one on the hand and one on the foot; one is a *Zang* organ and one is a *Fu* organ; and one pertains to *Yin* and one pertains to *Yang*. The combination of the two points has the joint effect of connecting the upper part and the lower part and connecting *Yin* and *Yang*, and so both *Yin* and *Yang* can be treated. Being both the *Yuan*-source point, the primordial *Qi* of which are connected with the triple energizer, they can effectively regulate the functional activities of *Qi*. Also, since the large intestine meridian can regulate *Qi* and blood and the liver meridian can regulate blood and soothe the liver, these two points are the frequently used ones for regulating *Qi* and blood and soothing liver *Qi*. Neurologically speaking, the hand is an organ for work and the foot is one for exercise. They have multiple functions and thus have close connections with the brain, especially the thumb and the big toe. Therefore the responses at the hand and foot are very strong. Since *Hegu* and *TaiChong* are *Yuan*-source points closest to the big toe, they are most effective. Because of the strong functions of the big toe, *DaDun* and *YinBai* on the big toe are also very important *Jing*-well points.

Acupuncture treatment is very effective for chronic insomnia patient, who can sleep only two or three hours even if they take sleeping pills. Insomnia in young people is often due to stagnation of liver *Qi* turning into fire, causing them to have difficulty falling asleep. This can be treated with *SiNiSan* or *DanZhiXiaoYaoSan* (Powder of Cortex Moutan Radicis and Fructus Gardeniae Jasminoidis) to soothe the liver, and *GanMaiDaZaoTang* (Decoction of Radix Glycyrrhizae Uralensis, Fructus Triticum Aestivum and Fructus Ziziphi Jujubae) for tranquilization. Insomnia in the elderly is often caused by deficiency of *Yin* of the liver and kidney, causing them to wake up early. This should be treated by regulating the liver and kidney, causing them to wake up early. This should be treated by regulating the liver and kidney with *QiuDiHuangTang* (Decoction of Fructus Lycii, Flos Chrysanthemi Morifolii and Radix Rehmanniae). Acupuncture is still very effective for patients with a history of chronic insomnia for over ten or even twenty years, and they can also be treated with Chinese herbs such as *XueFuZhuYuTang* (Decoction for removing blood stasis in the chest), which is also effective for insomnia with blood stasis. According to my experience, *BanXia* and *XiaKuCao* added to the recipe may have a better effect for all kinds of insomnia.

JiuLi or *FengShi* is also a very effective point. *JiuLi* has a very strong tranquilizing and analgesic effect and is very effective for diseases of the neurological diseases. *JiuLi* or *FengShi* is on the gallbladder meridian connected with the gallbladder through the heart by phlegm-heat. Through the internally and externally related liver and gallbladder, it can also be used to treat insomnia due to hyperactivity of the liver fire. *YuanHuSuo* (Rhizoma Corydalis) has analgesic and tranquilizing effect and can be added together with *SuanZaoRen* (Semen Ziziphi Spinosae) to recipes to treat insomnia. Chinese medicine holds that long-lasting diseases are always accompanied by blood stasis, and this can be treated very effectively with *XueFuZhuYuTang* or by pricking *WuLing* to let out blood. In recent years I have found that bloodletting at the ear tip alone is very effective for insomnia. We all know that the kidney opens into the ear, and according to *SuWen*, "the heart opens into the ear." Thus, both the kidney and the heart open into the ear. Besides, the *ShaoYang* meridian runs around and then into the ear. That's why bloodletting at the ear tip is so effective. It has the effect of activating blood circulation to remove blood stasis, tranquilizing the mind, dispelling wind and coordinating the heart and kidney.

High Fever 发高热

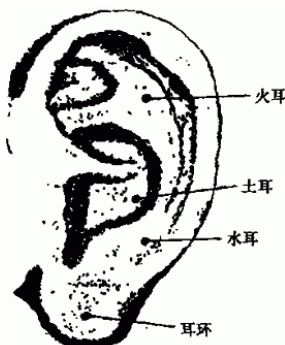
1. *DaBai* 大白 (22.04) (extremely effective) 针大白退热效果极佳
2. Bloodletting at *WuLing* 五岭 (DT.04) on the back 背部五岭穴点刺亦佳

Extremely good effect can be achieved by pricking the blue vein at *DaBai*. Bloodletting at *WuLing* is also effective. Good effect can also be achieved by performing bloodletting at *ShaoShang*, *ZhongShang* and *LaoShang* or at the ear tip. Points from the fourteen regular meridians include *DaZhui* and *QuChi*, which can be used alone or in combination, with the former more effective than the latter.

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Alcoholic Intoxication 酒醉

1. Bloodletting at *ErHuan* 耳环 (99.01), combined with *SuLiao* 素髻 (*Du* 25) with better effect. 刺耳环出血，配针素髻更佳
2. *HuoBao* (55.01)

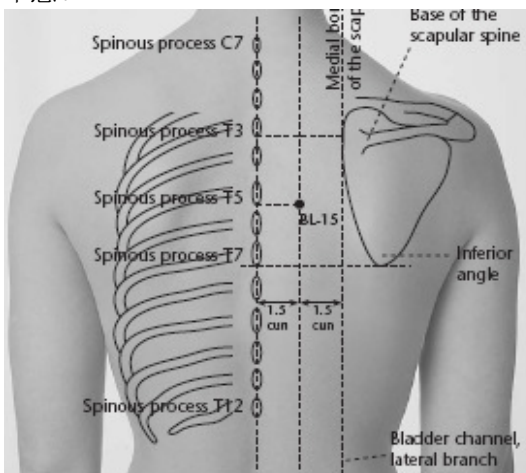
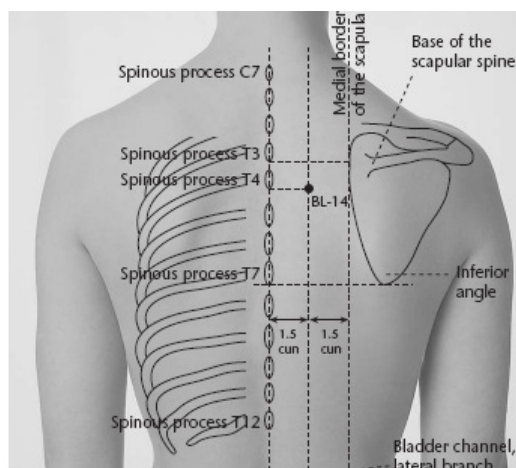


Alcoholic intoxication can be treated by performing bloodletting around *ErHuan*. Followed by acupuncture at *SuLiao* to achieve a better effect. Even a better effect can be achieved by bloodletting at the ear tip, because both the heart and kidney open into the ear and *ShaoYang* meridian runs around and into the ear, making it possible to coordinate the heart and kidney, calm the

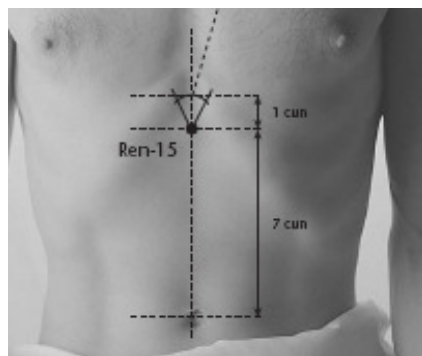
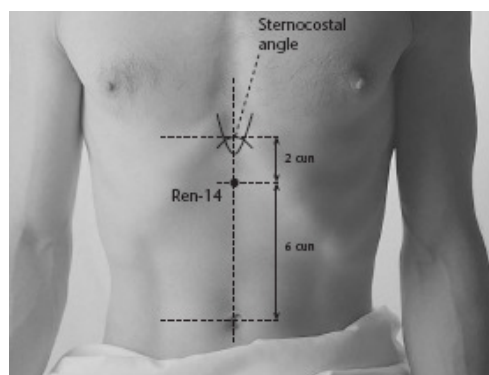
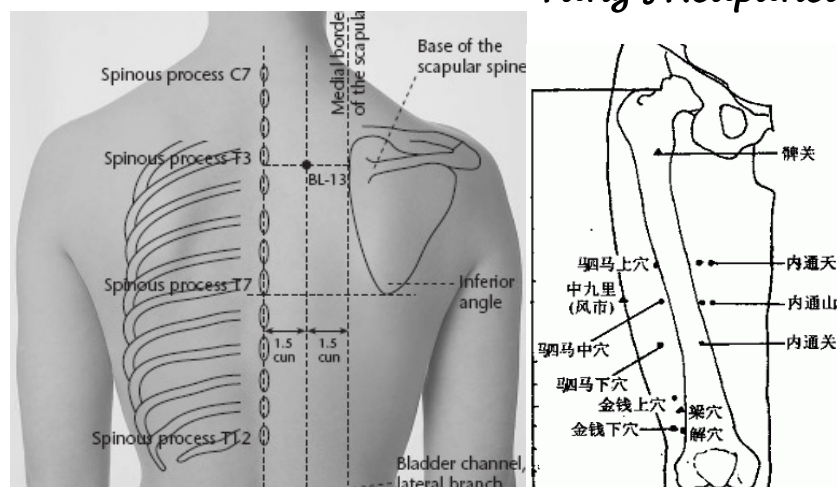
mind and dispel wind. *HuoBao* is also effective by Tonifying the heart and regulating the stomach. Chinese medicine believes that alcoholic intoxication is due to water toxins; and *WuLingSan* (Powder of five drugs including Sclerotium *Poriae Cocos*) with good effect.

Epilepsy 癲病

1. *ShenGuan* (77.18) and *ShangLiu* (55.06)
2. *WanShunYi* (22.08) and *WanShunEr* (22.09)
3. *JinQianShang* 金前上 (88.24) and *JinQianXia* 金前下 (88.23)
4. Bloodletting at *JinJi* and *JinLing* which is 1.5 inches lateral to the third thoracic vertebra [*FeiShu* 肺俞 (BL 13) and *JueYinShu* 厥阴俞 (BL 14)] with very good effect. 背部第三椎旁开寸半之金吉、金陵（即肺俞、厥阴俞）点刺出血，经过一个疗程即愈。



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In the past, epilepsy was mostly due to hereditary factors, but nowadays many cases are caused by traumatic injuries. The best method is to perform bloodletting on the back or to reinforce the kidney. Since the disease is related to brain nerve, *ShenGuan*, *ShangLin* and *XiaSanHuang*. Ancient people had it that *ShenMai* (BL 62) could be used for an epilepsy attack during the day and *ZhaoHai*, for an epilepsy attack at night. The former comes from *YangQiao* meridian and the latter from the *YinQiao* meridian; the former is on the bladder meridian and the latter, the kidney meridian. So they are both related to the kidney. *JinQianShang* and *JinQianXia*, which are below *FengShi*, can also be used to dispel wind and resolve phlegm, since epilepsy is often due to in

coordination between the *Zang* and *Fu* organs, causing stirring or wind and hyperactivity of fire and ascending of the phlegm *Qi* to obstruct the upper orifices. *WanShunYi* and *WanShunEr* can also be used to treat the disease. According to *TongXuanZhiYaoFu* (Ode of the Essentials of Understanding), "epilepsy can be treated with *HouXi*". *HouXi* is just between *WanShunYi* and *WanShunEr*, and is an important point that Master Tung used to treat kidney diseases. A better method is to prick *JinJi* and *JinLing*, which is 1.5 *Cun* lateral to the third thoracic vertebra, to let out blood. Besides, bloodletting can also be performed at *DaZhui*, or the middle line (Governor Vessel) at the back at *WuLing* and along the line 0.5 and 3 inches (Bladder Meridian) lateral to the middle line, since epilepsy is related to the brain and

the Governor Vessel. Both the Governor Vessel and Bladder Meridian enter into the brain. It is very important to reinforce the kidney in treating this disease, since treating the kidney means treating the brain. *ShenGuan*, *ShangLin*, *WanShunYi* and *WanShunEr* can tonify the brain, and *WanShunYi* and *WanShunEr* are also connected with the Governor Vessel (*Du*). Therefore, these points are all frequently used to treat epilepsy. Besides, Chinese medicine holds that "the heart is in charge of mental activity." *JinWei* (Ren 15) [punctured perpendicularly towards *JuQue* (Ren 14), *XinShu* (BL 15), *NeiGuan*, *HeGu*, *TaiChong* and *YongQuan* from the fourteen regular meridians are also effective for the disease, since these points have something to do with the kidney and liver and with tranquilization. The common recipes include *ChaiHuJiaLongGuMuLiTang* (Decoction of Radix Bupleuri, Os Draconis and Concha Ostreae) or *ChaiHuGuiZhiTang* (Decoction of Radix Bupleuri and Ramulus Cinnamomi Cassiae) with *ShaoYao* added to the recipes. Herbs for activating blood circulation can also be added if blood stasis is present.

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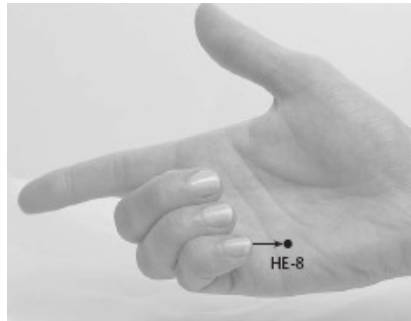
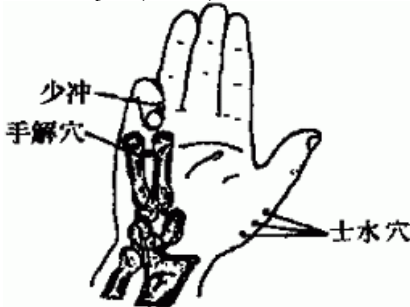
Coma昏迷

1. For unconsciousness: *HuoYing* 火硬 (66.03), *ZhengHui* 正会 (1010.01), *QianHui* 前会 (1010.05) and *WuLing* 五岭 (DT.04) with bloodletting. 神识昏迷。刺火硬、正会、前会，并于五岭穴点刺
2. *HuoYing* (66.03) and *HuoZhu* (66.04)
3. Prick the twelve *Jing*-well points (bloodletting).

Apoplexy with coma has already been dealt with, with several case reports. I just want to make some supplementary remarks here. In recent years I have treated quite a few coma patients, mainly with *HuoYing*, *HuoZhu* and also with *TaiChong*, with quite a good effect. Many doctors would like to use *RenZhong* and *NeiGuan*, without knowing that the three points mentioned above are also very effective. It often happened that after acupuncture at *RenZhong* and *NeiGuan* were given, the patient still did not regain consciousness until one of the three points was then used. This is because that underneath these points there is the *TaiChong* meridian, which, when stimulated can treat the heart. The liver meridian of Foot-*JueYin* meridian, which communicates with the hand-*JueYin* meridian and therefore it is possible to tonify the heart. The liver meridian of foot-*JueYin* runs from the interior of the brain to the head, and the needling effect at *TaiChong* or *HuoZhu* can penetrate to *YongQuan* to enhance the effect of first aid and bring back consciousness. In a severe case, bloodletting should be given at the twelve *Jing*-well points. *ShangHangLun* tells us that "coma occurs when the twelve meridians fail to communicate with each other." The twelve *Jing*-well points are at the starting or terminating points of the meridians and have the function of connecting *Yin* and *Yang* and relieving cold limbs. The first point for bloodletting is *ZhongChong* and then *ShaoShang*, because *ZhongChong* is the *Jing*-well point of the pericardium meridian of hand-*JueYin* and is an important point for tonifying the heart and also a wood point of the fire meridian. The *Jing*-well points can treat acute mental diseases and *ZhongChong* can treat mental diseases related to wood and fire, i.e. liver wind and phlegm fire. *ShaoShang* can regulate the flow of *Qi* and resolve phlegm. Besides, it is on the thumb and is therefore most closely related to the brain neurologically and holographically.

Fainting during Acupuncture解晕针

1. *ShouJie* 手解 (22.10) punctured towards *XiaBai* 下白 (22.07) (especially effective) 针手解穴，透下白，一针即醒
2. *Jie* (88.28)



ShouJie is in fact the *Ying*-spring point of the heart meridian. According to *NeiJing*, "*Ying*-spring point can be used for diseases with changed facial complexion." During fainting, the facial complexion always changes, and *ShouJie*, or the *Ying*-spring point of the heart meridian *ShaoFu* (HT 8) which can tonify the heart can be used to effectively deal with the problem. *Jie* is one

Cun below *LiangQin*, the *Xi*-cleft point of the stomach meridian, and both points are at the area where *Qi* and blood converge. *Jie* is even nearer to the knee and so is richer in *Qi* and blood. Besides, since it is on the *YangMing* meridian, which is full of *Qi* and blood, it has a stronger effect of regulating *Qi* and blood and can therefore be used to treat fainting during an acupuncture treatment.

Qi and Blood Disorder解经血错乱

1. *Jie* (88.28) 针解穴

Qi and blood disorder occurs as a result of improper ways of practicing *QiGong*, or improper ways of acupuncture by using too many needles, or from traumatic injuries. *Jie* is quite effective for all these cases, and also for pains and numbness that occur after acupuncture treatment. The mechanism for this is already explained in the previous section "Fainting during Acupuncture"

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Common Cold感冒

1. *SanChaSan* (A.04)
2. *Mu* (11.17)
3. Bloodletting at *WuLing* 五岭 (DT.04) to alleviate fever 五岭穴点刺出血，热度即退
4. *CeSanLi* 侧三里 (77.22) for nasal obstruction (very effective), *MenJin* (66.05) and *Mu* (11.17) (also effective) 鼻塞取侧三里，一针即通

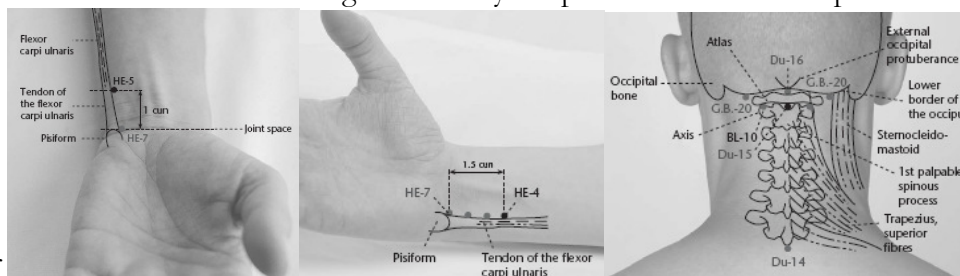
Acupuncture is very effective for treating common cold. *SanChaSan* can be first used and *Mu* can also be used. For common cold with headache, *SanChaSan* and *DaBai* can be used together; for cold with sore throat, this point and *TuShuiZhong* 土水 (22.11) can be used in combination; for running nose and nasal obstruction, *SanChaSan* and *Mu* can be used. The most important point is *SanChaSan*. The combination of this point and *DaBai* has been mentioned before and also in books about the five *Shu* points. The mechanism of the points in treating common cold lies in "Ying-spring points and *Shu*-stream points that control the superficial meridians." The *Ying*-spring points pertain to water in *Yang* meridians and to fire in *Yin* meridians, and can control cold and heat, which is just the features of exterior syndromes. *Shu*-stream points pertain to wood and controls wind and tendon, and to earth and controls dampness and muscles. And wind, cold, dampness and heat are the features of exterior syndromes and diseases of the meridians. *SanChaSan* is close to *YeMen*, the *Ying*-spring point of the triple energizer meridian, and can be used to improve immunity, and since the insertion of this point is just against the bone, it can be used to treat pains of bones and tendons due to wind and cold. *DaBai* is close to *SanJian*, the *Shu*-stream point of the large intestine meridian and is related to the lung, so it can be used to treat common cold. *TuShuiZhong* is at *YuJi*, the *Ying*-spring point of the lung meridian, and is very effective for common cold with sore throat and asthma.

According to *DiErZhangGuQuanXiLun* (Holography of Second Metacarpal Bone), *DaBai* corresponds with the upper energizer and is therefore effective for diseases of that area, and the combination of *SanChaSan* and *DaBai* is very good for common cold. For nasal obstruction, *Mu*, *CeSanLi* and *MenJin* are very effective.

Aphonia失音 (i.e. loss of voice; inability to produce vocal sounds)

1. *ShiYin* 失音 (88.32) 针失音穴
2. Bloodletting at *ZongShu* (1010.07)

ShiYin, meaning aphonia in Chinese, is at the bending part of the knee joint. It is punctured just along the skin to penetrate from the spleen meridian to the kidney meridian and both meridians reach the throat. Holographically, it also corresponds with the throat. Voice is also related to the lung and puncturing the point along the skin enables it to communicate with the lung. That's why the point is effective for aphonia. Bloodletting at *ZongShu* at



the back of

the neck, or *YaMen* (Du 15), is also effective. This follows the principle of using both front and back points and using back points to treat diseases of the front. The common recipe is *MaiMenDongTang* (Decoction of Radix Ophiopogonis), and *FengHuangYi* (Membrana Follicularis Ovi) can also be used together.

Many points from the fourteen regular meridians can also be used to treat aphonia. It is said in *NeiJing* that "diseases of the voice can be treated with points of the corresponding meridians." Since the spleen meridian reaches the tongue and the heart opens into the tongue, both *ShangQiu* and *LingDao* (HT 4) can be used to treat aphonia. Sudden loss of voice is mostly related to the heart and can be treated with *LingDao* and *TongLi* (HT 5)

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from the heart meridian. *YaMen* is also an important point for aphonia owing to the fact that it is a point of the Governor Vessel related to the mental activity and it is at the neck corresponding with the throat.

Cholera with Convulsion 霍乱抽筋

1. Bloodletting at *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) and needling *BoQiu* 搏球 (77.04) 四花中、外点刺出血，针搏球

The TCM concept of cholera include what the western medicine calls cholera and acute enterogastritis. The first step in treating the disease is to perform bloodletting at *WeiZhong* and *ChiZe*, or at *SiHuaZhong* and *SiHuaWai*. If cramp of the foot occurs, *ChengShan* (BL 57) can also be used. Both acute cholera and acute enterogastritis are accompanied by vomiting and diarrhea, which should be treated according to different symptoms. For acute enterogastritis with both vomiting and diarrhea, the contemporary recipe is *HuoXiangZhengQiSan* (Powder of Herba Agastachis for Restoring Health), and the classic recipe is *GeGengQinLianTang* (Radix, Puerariae, Radix Scutellariae Baicalensis and Rhizoma Coptidis).

Adipoma (i.e. fatty tumor) 脂肪瘤

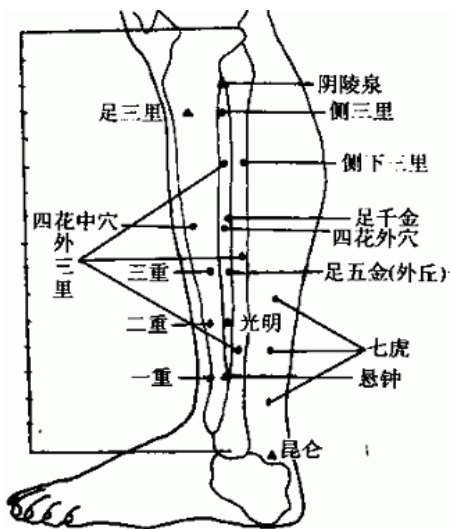


图7-6 小腿外侧

1. *MingHuang* 明黄 (88.12) (specially effective) 针明黄有特效
2. *WaiSanGuan* 外三关 (77.27) 外三关亦有效. (Picture shows as 外三里)
3. Bloodletting at *SiHuaWai* (77.14)

Adipoma cases have increased recently. Modern life with ample nutritional supply causes accumulation of fat, and adipoma is likely to occur especially in the parts of the body where there is lots of fat, such as the thighs, shoulders, arms abdomen, chest, back, hips and even the face. *MingHuang* is a very effective point for adipoma, since it is on the thigh where there is much fat so that it is possible to "treat the flesh with the flesh", and it is also on the liver meridian and liver is related to the fat secretion. *WaiSanGuan* and bloodletting at *SiHuaZhong* and *SiHuaWai* are also effective methods. *SiHuaZhong* can regulate the spleen and stomach and remove dampness and phlegm. *SiHuaWai* is just beside *FengLong*, which is "influential point of phlegm" and bloodletting at this point is effective for phlegm retention. Chinese herbs for invigorating *Qi*,

activating blood circulation and resolving phlegm are also frequently used. *YingWeiFanHunTang* (Decoction for Restoring Functions of *Ying* and *Wei* system) can be taken over a long period with good effect. *LiuJunZhiTang* (Decoction of Six Ingredients) and *XiaoYaoSan* (Ease Powder) used in combination, with the addition of *BaiJieZi* (Semen Sinapis Albae) and *ZheBeiMu* (Bulbus Fritillariae Thunbergii) are also effective for adipoma. Messenger drugs can also be used to enhance the effect.

Phlebangioma (i.e. a venous aneurysm [sac formed by localized dilatation of the wall of a vein]) 静脉曲张

1. Prick the veins above and below the tumor. 痛的上下静脉放血

Long time standing in work is likely to cause phlebangioma, the best method for which is to perform bloodletting on the veins above and below the tumor. Since this may cause bleeding, it is not advisable to prick thick veins and the bloodletting should be performed several times before the disease is cured. After bloodletting, acupuncture can be given at *TaiYuan* (one of the eight influential points for blood vessel), *TaiChong* and *NeiGuan*, which are related to the blood vessel. Traditional Chinese medicine believes that diseases of the lower energizer, like phlebangioma, are mostly due to damp-heat, and phlebangioma is due to both damp-heat and blood stasis, which should both be treated. Chinese herbal recipes for the disease include *GuiZhiFuLingTang* (Decoction of Ramulus Cinnamomi Cassiae and Sclerotium Poriae Cocos) for activating blood circulation to

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remove blood stasis, the effect of which can be enhanced by adding *FangJi* (Radix Stephaniae Tetrandrae) and *HuangQi* to regulate *Qi* and remove dampness, *FangJiHuangQiTang* (Decoction of Radix Stephaniae Tetrandrae and Radix Astragali seu Hedysari) and *SiMiaoSan* (Decoction of four wonderful Drugs).

Angiosclerosis (i.e. hardening the walls of blood vessels) 血管硬化

1. Bloodletting at *WeiZhong* 委中 (BL 40) 委中点刺有效
2. Bloodletting at *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) (specifically effective) 四花中、外点刺亦有特效
3. Peck needling at *WuLing* 五岭 (DT.04) (1.3 and 3 inches lateral to the 4th and 7th thoracic vertebrae) (specifically effective) 五岭穴 (四至七椎旁开寸半及三寸) 点刺亦有特效

Angiosclerosis is often due to high levels of blood lipid or triglyceride, which can be treated effectively by performing bloodletting at *SiHuaZhong* and *SiHuaWai*, or by giving acupuncture to *ZhiGou* and *FengLong*. The disease is often due to phlegm or blood stasis and bloodletting at *SiHuaZhong* and *SiHuaWai* can effectively activate blood circulation and resolve phlegm. *FengLong* is effective since it is "influential point of phlegm" and Chinese medicine considers fat accumulation to be related to phlegm. *ZhiGou* can regulate *Qi* activity, relax the bowels and reduce blood lipid. Bloodletting at *WuLing* on the back promotes blood circulation of the body and relieves hardening of the blood vessels.

Leucopenia (i.e. reduction of the number of leukocytes in the blood below 5000 per cubic mm) 白血球过少

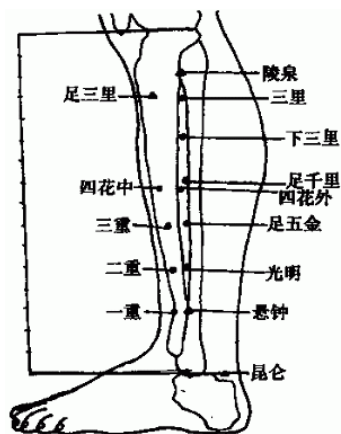
1. *QiHuang* (88.14) and *GanMen* (33.11) 针其黄，肝门
2. *MuDou* (66.07) and *MuLiu* (66.06)

Erythropenia (aplastic anemia) (i.e. deficiency in the number of red blood cell) 红血球过少：（再生障碍性贫血）

1. *GanMen* (33.11) 针肝门
2. *ShangSanHuang* (88.12, 13, 14) 三黄亦有效
3. *MuDou* (66.07) and *MuLiu* (66.06)

Hyperleukocytosis (i.e. abnormally excessive numbers of leukocytes in the blood) 白血球过多

1. *SanHuang* (88.12, 13, 14) (specifically effective) 针三黄有特效
2. *MuDou* (66.07) and *MuLiu* (66.06)
3. *XiaSanHuang* (77.18, 19, 21)

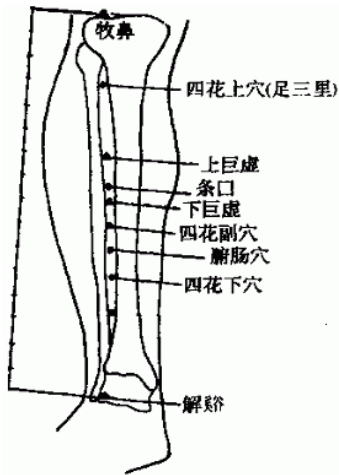


The main method of treatment for blood disorders such as hyperleukocytosis or erythrocytosis is to apply acupuncture at *ShangSanHuang*, which means that both spleen and liver are treated, the former controlling blood and the latter storing blood. *MuDou*, *MuLiu* and *SanZhong* 三重 (77.07) can also be used alternately and are also quite effective. *XiaSanHuang* can "tonify both the spleen and kidney", which has been mentioned frequently in recent medical reports about the treatment of blood disorders. *ShangSanHuang*, *MuDou* and *MuLiu* are used to tonify the liver and spleen and when *XiaSanHuang* are also used, the spleen, liver and kidney are all tonified, and desirable results will be obtained. In using Chinese herbal recipes, *JinKuiYaoLue* provides us with *HuangQiJianZhongTang* (Decoction of Radix Astragali seu Hedysari for Tonifying Middle Energizer) and *LiuWeiDiHuangTang* (Decoction of Six Herbs including Radix Rehmanniae) for Tonifying both the spleen and kidney, and the two recipes are often used together. *HanLianCao* (Herba Ecliptae Prostrate) and *XianHeCao* (Herba Agrimoniae Pilosae) can also be used to blood deficiency and bleeding.

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HuangQiJianZhongTang can invigorate the spleen, and this recipe can be used together with *GuiZhiTang* to regulate the *Ying* and *Wei* systems and invigorate the spleen and stomach. When fever and bleeding occur, *XiJiaoDiHuangTang* (Decoction of Cornu Rhinocerotis and Radix Rehmanniae) can be used for patients with acute hyperleukocytosis, and *HuangQiJianZhongTang* and *LinWeiDiHuangTang* can be used for patients with chronic hyperleukocytosis.

Odontoprisis (i.e. grinding teeth) 睡中咬牙



1. *SiHuaXia* 四花下 (77.11) (specifically effective) 针四花下有特效
2. *FuChang* 腑肠 (77.12)
3. Bloodletting at ear tip.

Traditional Chinese medicine believes that restless sleep, such as sleepwalking, often occurs in those with stomach upset or heat in the gallbladder. This is often treated with *WenDanTang* (Decoction for warming gallbladder). For the stomach problem, drugs for "regulating the functions of the stomach and resolving phlegm" should be used. I myself prefer to use *BanXiaXieXinTang* (Decoction of Rhizoma Pinelliae Ternatae Praeparata for Purging Heart), a famous recipe recorded in *ShangHanLun*, with good effect for sleepwalking and also for odontoprisis. Also, since people who indulge in drinking are likely to have damp-heat in the stomach and therefore have odontoprisis, *HuangQin* and *HuangLian* in *BanXiaXieXinTang* can purge the heart fire and clear away heat in the stomach. Acupuncture treatment can be given by using *SiHuaXia* and *FuChang*, which are both on the Stomach

meridian and can regulate the spleen and stomach. Bloodletting can be performed for a mild case.

Fatigue 精神疲劳

1. *SanChaSan* 叉三 (A.04) 针叉三可消除疲劳
2. *BiYi* 鼻翼 (1010.22) 针鼻翼可预防疲劳

BiYi is very effective in relieving fatigue, since this point can refresh the mind. This point can also be used to treat loin and back soreness and pains, and also sciatica. *SanChaSan* is also quite effective. However, since it is on the hand it is not as convenient as *BiYi* is. When the points are punctured, one has to stop working.

SanChaSan has its own advantages since it can also be used to treat shoulder pain, loin pain, headache, common cold, and thigh pain.

Skin Sensitiveness 皮肤敏感

1. *SiMa* 驷马 (88.17, 18, 19) (specifically effective) 驷马穴特效
2. Bloodletting at ear tip or ear back (specifically effective)

Psoriasis (i.e. chronic non-contagious inflamed lesions covered with silvery white scabs of dead skin) 牛皮癣

1. *SiMa* 驷马 (88.17, 18, 19) (specifically effective) 驷马特效
2. Bloodletting at ear tip or ear back (specifically effective) 耳背刺血亦特效

All kinds of skin diseases, especially psoriasis, can be treated with *SiMa*, together with bloodletting behind the ear. Master Tung is very good at treating psoriasis, and even on his business card it is claimed that he can treat the disease effectively. The point that he likes to use is *SiMa*. Giving acupuncture treatment at *SiMa* everyday and bloodletting at the tip of the ear once a week or bloodletting at *FeiShu* and *JueYinShin* is a very effective method for psoriasis. Points from the fourteen regular meridians that is effective for psoriasis includes *QuChi*, *XueHai* and *SanYinJiao*.

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Acne 青春痘

1. *SiMa* 驷马 (88.17, 18, 19) (specifically effective) 驷马特效
2. Bloodletting at ear back (specifically effective) 耳背刺血亦特效
3. Bloodletting at the back (specifically effective) 背部刺血亦特效

Acne responds well to acupuncture treatment, which is given by using *SiMa* and then *YingXiang*, a point where the hand-*YangMing* meridian and the foot-*YangMing* meridian meet. Since the face is where the *YangMing* meridian passes, acupuncture at *YingXiang* has the effect of inducing the needling effect of other points to this area. Another method is to prick the blue veins at the back of the ear to let out several drops of blood. Points from the fourteen regular meridians include *QuChi*, *XueHai*, *SanYinJiao* and *YingXiang*, combined with bloodletting at the top of the ear.

To treat acne with Chinese herbs, *PiPaQingFeiYin* (Decoction of Folium Eriobotryae Japonicae for Clearing away Heat from Lung) from *YiZongJinJianWaiKeXinFa* (The Golden Mirror of Medicine: External Treatment) is the best recipe. There are also other recipes, which I am not going to mention here. The patients with acne should pay attention to the following points:

1. eat less sweet food
2. eat less greasy food
3. eat less pungent food
4. have free-flowing bowel movement
5. ensure good sleep and don't stay up late
6. avoid exposure to the sun excessively
7. eat plenty of fruits and vegetables
8. wash the face frequently

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Question: How to treat ectopic dermatitis?

Ectopic dermatitis, also known as specific dermatitis, affects more and more children. This disease is related to heredity. For example, if one of the parents has skin or breathing sensitivities, their children will have 30% chance to develop the disease; if both parents have the problems, the chances for their children to develop the disease will increase to 80%. In Taiwan and Los Angeles there are quite a few cases of ectopic dermatitis. I think this is also true with South Korea. Most people have the disease during their childhood, age two or three years or older, and recover in their teen years. This disease should be treated as early as possible.

Ectopic dermatitis didn't occur so frequently in the past, because of the simple diet and eating habits. Nowadays, owing to the development of means of transportation and the use of refrigerators, people can eat complex diets, mostly frozen food, coming from different places and different seasons. Some people are allergic to milk, or develop ectopic dermatitis because of wearing certain sweaters, owning pets, or exposed to air pollution. This disease is characterized by alternate attack of skin eczema and diseases of the respiratory system, which may change into chronic bronchitis or asthma if not properly treated.

Ectopic dermatitis was called "*SiWanFeng*" (meaning: eczema at four bending parts) in the medical book *WaiKeZhengZong* (Orthodox Manual of External Diseases) in 1665, late *Ming* dynasty. This is because the disease is likely to occur in the transverse crease of the elbows and knees. Chinese medicine believes that this disease is due to wind, dryness, dampness and stasis. "Wind" refers to the sudden attack of the disease with itchiness, "dampness" indicates purulent discharge, "dryness" suggest desquamation and peeling of the skin, and "stasis" means blood stasis in chronic cases, with discolouration of the skin or thickened hard skin. According to my experience, the best recipe is *YinQiaoShuFengTang* (Decoction of Flos Lonicerae and Fructus Forsythiae Suspensae for Dispelling Wind) developed by me, which can be used to treat many skin diseases. The components of the recipe are *JinYinHua*, *LianQiao*, *ChiShaoYao*, *ShengDiHuang*, *MuDanPi*, *GanCao*, *HuangQin*, *CangErZi* and *ChanTui*. The dosage is 15 grams, except for *GanCao* 7.5g. Of course the dosage for small children should be reduced to 5-10 grams. For itching, *DiFuZi* (Fructus Kochiae Scopariae) and *BaiXianPi* (Cortex Dictamn Dasycaepi Radicis) can be added. This recipe is also called *YinQiaoLiangXueTang* (Decoction of Flos Lonicerae and Fructus Forsythiae Suspensae for Cooling Blood) and is also effective for psoriasis and neurodermatitis. When it is used to treat acne, *PiPaYe* (Folium Eriobotryae Japonicae) and *SangBaiPi* (Cortex Mori Albae Radicis) can be added.

JinYinHua and *LianQiao*, which is often used to treat skin diseases, can regulate the *Ying* and *Wei* systems. Most skin diseases are due to blood heat, manifested by local redness, for which *ChiShaoYao*, *MuDanPi* and *ShengDiHuang* can be used to cool blood. *HuangQin*, which can clear away heat in the lung, *PiPaYe* and *SangBaiPi* are also effective for skin diseases. Acupuncture treatment can be given by pricking the back of the ear and tip to let out blood and the treatment will last for 2 or 3 months before the disease is cured. I have already cured almost a hundred cases. For severe cases, the paste made from *DiYu* (Radix Sanguisorbae Officinalis) and *HuZhang* (Radix et Rhizoma Polygoni Cuspidati) can be used. The Japanese would like to use recipes to treat ectopic dermatitis, with *XiaoChaiHuTang* during attack, *XiaoFengSan* as the main recipe for treatment, and *LiuWeiDiHuangWan* and *XiaoFengSan* used in combination during remission stage. *XiaoFengSan* is a very good recipe for most skin diseases, the effect of which can be enhanced by adding *CangErZi* (Fructus Xanthii Sibirici) and *ChanTui* (Periostracum Cicadae). *JingJie* (Herba Schizonepetae Tunuifoliae) and *FangFeng* (Radix Ledebouriellae Divaricatae) are very effective for patients susceptible to common cold and can be added for this kind of patients, including children. Bloodletting at the back of the ear and tip can also be used to enhance the effect. For older children, acupuncture can be given at *SiMa*.

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Method of Selecting Five *Shu* Points of the Same Five-element Nature

The correspondence between Five *Shu* points to the climate and other natural phenomena of different seasons and to *ZangFu* organs has given rise to the "method of selecting points of the same five-element nature". This principle is often applied to the acupuncture practice, but its mechanism is not known to some doctors. This method is also of great importance in the application of the Five *Shu* Points and further study is necessary. The method is also called "Method of Inter-Response (*JiaoYingLiaoFa*)", and can be considered as one form of holographic correspondence and is divided into the following five types: inter-promotion, inter-restriction, genuine five elements, inter-relation and inter-connection.

Inter-Promotion

This method is developed from the inter-promotion relation among the five elements. For instance, *TaiYuan* is the earth (*Shu*-stream) point of the metal (lung) and therefore can be used to supplement the earth to generate metal to treat lung *Qi* deficiency; *ShangQiu* (SP 5), the metal point of the earth, can also be used to reinforce *Qi* to treat diseases due to deficiency of *Qi* in the middle energizer; *XiaXi* (GB 43), the water point of wood (gallbladder meridian), can be used to treat deficiency of the liver due to failure of the water to nourish the wood; the mother point *FuLiu* for reinforcing the kidney meridian can be used to treat various diseases due to kidney deficiency, bone spur, long-lasting lumbago and lumbar sprain; *ChiZe*, the son point of the lung meridian (metal meridian), can be used with reducing method to decrease the metal in restricting wood and is quite effective for disturbance in the locomotors system such as frozen shoulder and hemiplegia. No more examples are given here, since this is similar to the mother-son reinforcing-reducing method.

Inter-Restriction

This method is developed from the inter-restriction relation among the five elements. For instance, *ErJian*, the water point of the large intestine meridian, is very effective for diseases of this meridian due to heat or fire such as toothache, and *NeiTing* is also effective for toothache for the same reason; *YeMen*, the water point of the Triple Energizer meridian, is effective for diseases of the meridian due to heat or fire, especially diseases of the senses and throat caused by accumulation of heat in the upper and middle energizer. *BaiZhengFu* (Ode of One Hundred Patterns) mentions that *YeMen* is effective in sore throat. The author has been exerting it to clinical practice and receiving outstanding result every time. These points are the *Ying*-spring points of the *Yang* meridians and pertain to water. Since "Ying-spring points master body heat", they are used to purge fire, which is known to everyone. *ChiZe*, the water (*He*-sea) point of the lung meridian, can be used to treat diseases of the meridian due to fire, and is therefore the specific point for sore throat and tonsillitis; *QuZe* (PC 3), the water point of the fire meridian, can be used to restrict fire and is therefore effective for diseases due to water deficiency and heat excess, especially those diseases in which adverse ascending of the heart fire is to be checked such as canker sore, eye redness, etc.

The inter-restriction relation mentioned above also applies to the other four elements. For example, since *ZuQiaoYin* (GB 44) is the metal point of the wood (gallbladder) meridian, it can be used to check wood that counteracts on metal in the treatment of diseases due to *Qi* deficiency and stagnation with liver dysfunction; *ZhongFeng* (LR 4), the metal point of the liver meridian, is considered to be able to treat difficulty in walking in some ancient medical rhymes (Song more precious than Jade, Song of Jade Dragon, and Ode of Jade Dragon), because metal can restrict wood, if metal lessens in restricting wood, so that wood is at ease; *QuChi*, the earth point of the metal (large intestine meridian), and since metal can restrict wood and coursing earth can harmonize wood, this point is often used to treat hyperactivity of the liver *Yang*; *ShaoShang*, the wood point of the metal (lung meridian), can also be used to treat wood hyperactivity. Both *QuChi* and *ShaoShang* are very effective for hypertension. Those are the applications of "Energy of the same nature seeks one another (*TungQiXiangQin*)".

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More examples could be given, and readers can also refer to *ZhenJiuJingXueXue* (Channels and Acupuncture Points) written by the author.

Genuine Five Elements

Genuine five elements refer to genuine metal in metal, genuine earth in earth, genuine fire in fire, and so on. That is to select the point with the same five-element nature as that of the meridian. The indications of these points are simple and limited compared with the points utilizing other four types of the method of the same five-element nature, but their effect is doubled and they are much more effective for the diseases of the corresponding meridian.

For example, *JingQu* (LU 8), the genuine metal point of the metal (lung meridian), is frequently used to treat common cold, asthma and cough with marked effect, especially pediatric acute bronchitis; *ZuSanLi*, the genuine earth of the earth meridian, has strong effect in regulating the spleen and stomach; *TaiBai* (SP 3) the earth point of the earth meridian, is effective for diseases of the digestive system such as constipation, indigestion, abdominal pain and vomiting, and is also used to treat general fatigue; *YangGu* (SI 5), the fire point of the fire meridian, is often used for anti-pyretic purposes by Honma, a renowned Japanese acupuncturist; *LaoGong* (PC 8), also a fire point of the fire (pericardium meridian), has excellent effect of purging fire, clearing away heart fire and chest fire and causing fire to descend, and therefore is often used to treat canker sore in children (The Golden Mirror) and heart stuffiness (Ode of the Jade Dragon) effectively; *YinGu* (KI 10), the genuine water point of the water (Kidney meridian), has strong diuretic effect and is used to treat diseases due to kidney deficiency (The Golden Mirror, Song of Supreme Unity); both *QinXu* (GB 40) and *ZuLingQi* (GB 41) are the wood points of the wood meridian (gallbladder meridian) and therefore the former is used to treat muscle spasm (since wood dominates tendon) and chest and hypochondriac diseases (the location of wood diseases) and the latter is an important point for eye diseases (since wood opens into the eye); *DaDun* (LR 1), also a wood point of the wood (liver meridian), is extremely effective for impotence, and hernia since these diseases are diseases of the tendons, and the liver meridian circles around the genitalia. Because liver stores blood, *DaDun* is also very effective in metrorrhagia.

Inter-relation

This is the main and most widely used method in the method of selecting points of the same five-element nature, the principle of which is to fully utilize the close relation between the five elements and visceral manifestation in clinical practice. To apply this method, first choose the corresponding meridian in accordance to the main diseases, and then selects the corresponding five-element point according to the secondary diseases.

For example, *TaiYuan*, the earth (*Shu*-stream) point of the lung meridian, is effective for exogenous diseases with body heaviness and arthralgia or vomiting and diarrhea (all diseases of the earth); *XianGu* (ST 43), the wood point of the earth meridian, is often used to treat diseases due to in coordination between the wood and earth (liver and spleen), especially diarrhea with abdominal pain, headache, migraine and dysmenorrhea; *DaDu* (SP 2), the fire point of the Spleen (earth) meridian, can be used to treat cold limbs (since the spleen controls the limbs and fire promotes increase of body temperature); *YinLingQuan* (SP 9), the water point of the earth meridian, has strong effect of supplementing earth to control water and is therefore used to induce diuresis in the treatment of dampness, edema, and water swelling and fullness; *LingDao* (HT 4), the metal point of the heart meridian, can be used to treat sudden loss of voice and aphonia (since the heart dominates the mind and metal corresponds to voice); *ShaoHai* (HT 3), the water point of fire (Heart meridian), is effective for mental diseases due to kidney deficiency; *ShenMen* (HT 7), the earth point of the nervous disorders; *HouXi* (SI 3) is the wood point of the *TaiYang* meridian, and since wood controls the tendons it can be used to treat diseases along the *TaiYang* meridian that are related to tendon, such as stiff neck, waist and legs; *WanGu* (SI 4), also pertaining to wood, has similar effect as *HouXi*, and is often used as a main point to treat jaundice, since it is the *Yuan*-source (wood) point of the small intestine meridian and small intestine is the officer of separation of clear and turbid; *ShuGu*

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(BL 65) is the wood point of water meridian, and since wood controls tendons, it is used to treat tendon rigidity along the meridian, especially stiff neck and lumbar sprain (and that is also the reason the *Shu*-stream points can be used to treat body heaviness and arthralgia), and is used to treat vertex pain with good effect because this point has the effect of supplementing water and nourishing wood and also due to the channel pathway;

YongQuan (KI 1), the wood point of the water (kidney meridian), can also be used to treat vertex pain (or *JueYin* headache) with the same mechanism, and is used as an important point for epilepsy and wind syndromes since wood dominates wind and the *Jing*-well point has strong tranquilizing effect.

KunLun (BL 60), the *Jing*-river (fire) point of the water (bladder meridian), is an important point for redness and swelling of the leg and foot (redness and swelling pertain to fire) (according to the Ode and Song of Jade Dragon, and Ode of Essentials of Understanding), and is also used to treat toothache due to ascending of fire (The Golden Mirror) and diarrhea before dawn due to decline of vital gate-fire (deficiency of fire of water) since it is the fire point of water; *RanGu* (same pronunciation to the two words meaning "burning grains") (KI 2), also a fire point of the water (Kidney meridian), has better effect than *KunLun* in treating diseases due to decline of vital gate-fire and is also effective for febrile diseases of the kidney meridian; *TaiXi* (KI 3), the earth point of the kidney meridian, is effective for kidney diseases with symptoms of the spleen and stomach such as vomiting and diarrhea or diarrhea before dawn, and is also a frequently used point for deficiency of *Yang* in the spleen and kidney, since it is the *Jing*-river (earth) point of water (kidney meridian). *DaLing* (PC 7), the earth point of the fire (pericardium meridian), can be used to treat diseases due to deficiency heat of the Spleen and stomach meridians and diseases due to heart fire such as foul breath. (The Ode and Song of Jade Dragon and Song More Precious than Jade).

YangLingQuan (GB 34) is the earth point of the wood (gallbladder meridian) and the tendon point among the eight influential points. Since earth dominates muscles and four limbs, this point can be used to treat diseases of both the tendons and muscles such as dysfunction of the muscles and tendons and locomotors diseases, and is used as a main point for hemiplegia. Since it is also the earth point of the wood meridian, it is effective for in coordination between the liver and spleen.

TaiChong (LR 3), also the earth point of the wood, is an important point for regulating the liver and spleen and can be used in the similar way as *YangLingQuan* (GB 34). *Xingjian* (LR 2), the fire point of the wood (Liver meridian), can reduce the fire caused by liver depression and hence is used as an important point for coursing and rectifying the liver *Qi*.

QuQuan (LR 8), the water point of the liver meridian, is effective for diseases at the genitalia (where the liver meridian passes) and diseases related to the kidney water, such as urethritis, strangury (Lin syndrome), edema of the scrotum, etc.

In addition, *JianShi* (PC 5) (the metal and *Jing*-river point of the pericardium meridian) can be used to treat aphonia (Ode of One hundred patters), and *ZhiYin* (BL 67) (the metal and *Jing*-well point of the bladder meridian) can be used to treat aphonia and pruritus (Ode of One Hundred Patterns). Both points are related to metal. *YinBai* (SP 1), the wood (*Jing*-well) point of the earth (Spleen Meridian), is responsible for controlling and storing blood, and is therefore effective for metrorrhagia. *SanJian* (LI 3), the wood point of the large intestine meridian, is used to treat diarrhea with shoulder and hypochondriac pain. Master Tung preferred to use *ErJian* (LI 2) to treat lumbago, since this point is the water point of metal (Large intestine meridian) and water is related to kidney, which also bears the relation of "energy of the same nature seek one another (*TungQiXiangQiu*)."

Those kinds of examples are too many to expound piece by piece

It follows from the above explanation that the five *Shu* points are in fact holographic points of the meridians, and their five-element nature reflects the conditions of the five *Zang*-organs and hence can be used to treat diseases of the five *Zang*.

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Inter-connection

This is a method in which two five-element points are used in combination. For instance, *ChiZe* (LU 5) is the water point of the metal (Lung meridian) and *FuLiu* (KI 7) is the metal point of the water (Kidney meridian). The two points used together have the effect of connecting metal with water to treat diseases of the lung failing in depurative descending and kidney failing in receiving and accepting with good effect. The author often combines these two points to treat chronic bronchitis and bronchial asthma effectively. Similarly, *ShaoHai* (HT 3) is the water point of the fire (heart meridian) and *RanGu* (KI 2) is the fire point of the water (kidney meridian). The two points can be used in combination to treat diseases due to in coordination or disharmony between the heart and kidney (discordance between fire and water), such as symptoms often seen in neurasthenia like heart vexation with insomnia, dream-disturbed sleep with seminal emission, palpation with poor memory, vertigo, tinnitus, dry mouth and throat, aching loin and knees, tidal fever with spontaneous sweating, etc. Deficiency of both the heart and spleen can be treated with the earth point of the fire meridian and the fire point of the earth meridian in combination; deficiency of both the lung and spleen can be treated with the metal point of the earth meridian and the earth point of the metal meridian in combination; in coordination between the liver and spleen can be treated with the earth point of the wood meridian and the wood point of the earth meridian in combination; deficiency of *Yin* of the liver and kidney can be treated with the water point of the wood meridian and the wood point of the water meridian in combination; deficiency of *Yang* of the spleen and kidney can be treated with *TaiXi*, the earth point of the water meridian and *YinLingQuan* (SP 9), the water point of the earth meridian. This method can be applied to other conditions in a similar way, and no more examples are to be given here.

Summary

The method of selecting points of the same five-element nature is flexible and highly effective, with a wide application. Though it is divided into five different sub-methods here, they are not separate but can be used in combination to achieve better effect. Besides, each point is not restricted to one of the five methods. For instance, *ChiZe* (LU 5), the water point of the metal meridian, is used to treat diseases due to heat and fire of its meridian such as tonsillitis and sore throat. Since metal and water are of the same source and the *He*-sea water points correspond to kidney water, it can also be used to treat frequent urination, and since metal restricts wood, water nourishes wood and wood controls tendons, it is also an important point for regulating tendons. By needling this point with *FuLiu* (KI 7), the metal point of water, so that metal and water are inter-connected, it can be used to treat chronic diseases of the trachea. This is only one example of the multiple use of one particular point. Other points can be used in a similar way and are not to be discussed here.

The best art of acupuncture treatment lies in the multiple use of one point rather than multiple points for one particular disease. The flexible application of the method of selecting points of the same five-element category will go far toward the accomplishment of this pursuit.

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Appendix 1

Application of Bloodletting Therapy

Introduction

Master Tung's bloodletting therapy and the points have been widely adopted by most clinicians, including myself. The main points for bloodletting and their indications have been mentioned before in this book. This appendix is intended to provide the readers with an overall understanding of the bloodletting method and to facilitate further investigation and application.

Bloodletting therapy is an essential procedure in the practice of traditional Chinese medicine, with extremely wide application and surprising therapeutic effects. Bloodletting therapy has been recorded in the medical literature since at least 200 B.C.; however, no one has engaged in a systematic study and documentation of its theory and practice. I have followed Master Tung for many years and have often seen him using the three-edged needle with miraculous effect, e.g. speedy recovery of long-lasting serious diseases and instant relief of great pains. Bloodletting therapy can be used to treat any diseases and the effect is even better than the filiform needle. Master Tung can be considered to be the most significant master who is accomplished in bloodletting therapeutics, he achieved such wonderful effect. I have also found method practical and valuable in the experience of treating over three hundred thousand patients. Many intractable and serious diseases have been cured with this method. In 1988 I went to *AnHui* to meet the bloodletting expert *WangXiuZhen*, who had distinctive features in bloodletting techniques worthy of further study.

Bloodletting therapy played an important role in the ancient medical practice in China; and according to records

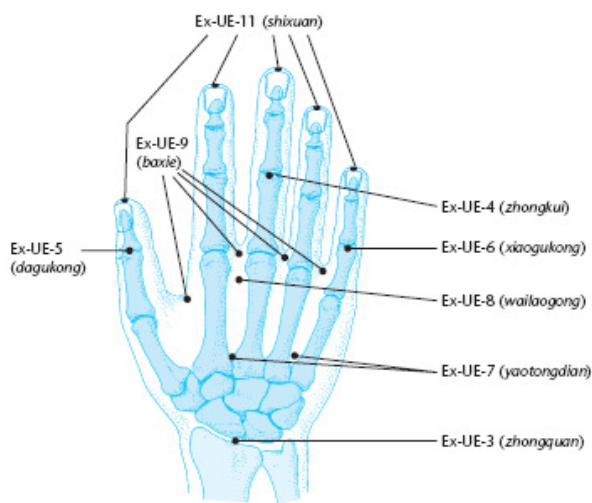
on the formation of flint needle and nine forms of needles, has the longest history of medical treatment. As a method, bloodletting refers to the use of a sharp instrument (usually a three-edged needle) to prick certain parts of the patient's body surface: this releases blood in order to treat disease.

The application and importance of bloodletting therapy is mentioned in *LingShu* which states: "To treat chronic diseases, prick to let out blood". The *JiaYiJing* also discusses bloodletting. "To treat diseases, prick the blood vessels which are everywhere in the body, some as thin as a needle and some as thick as tendon."

Bloodletting can be performed on big veins, venules and peripheral capillaries. Venules and peripheral capillaries only appear when disease occurs. They present as red or white streaks or as hemangiomas anywhere on the body

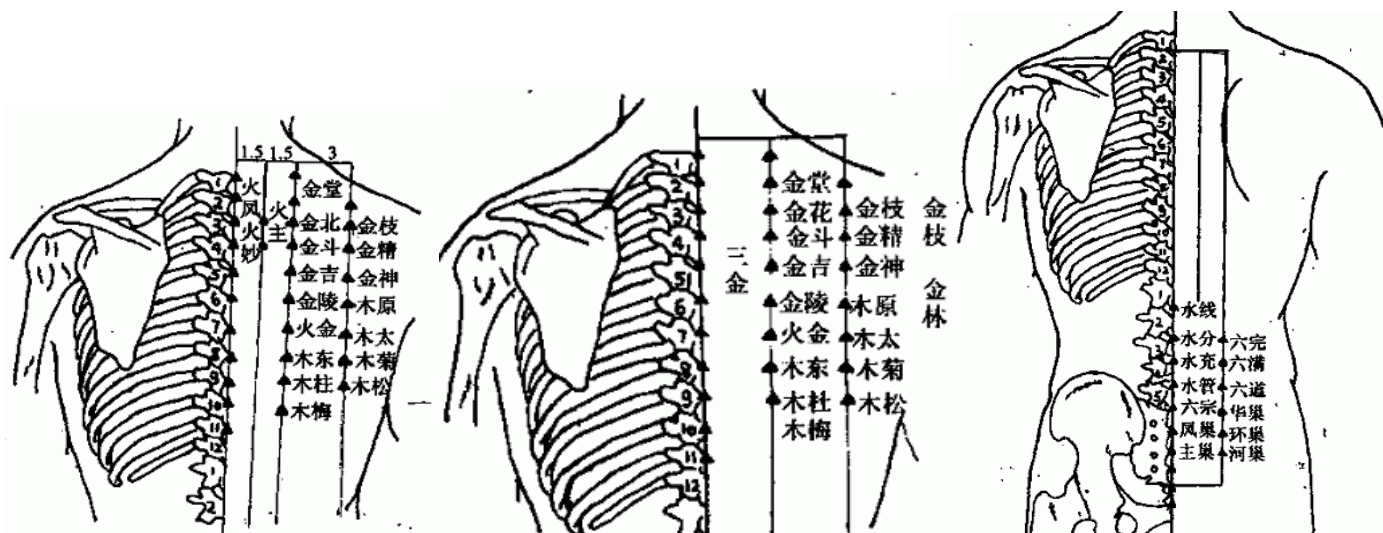
surface or hidden beneath the skin. The large veins are prominent and purple or blue in color, and are commonly referred to as "blue veins". They often appear at *WeiZhong*, *ChiZe*, and the lateral sides of the four limbs, in the scapular region or on the abdominal wall.

Master Tung's use of bloodletting therapy is not restricted by ancient medical books. In addition to the common parts of the body such as the cubital fossa, popliteal fossa, lateral sides of the forehead, hypoglossis, twelve *Jing*-well points, *ShiXuan* (extre 24) and the back of the ear, he uses bloodletting in almost everywhere, such as the arm, the leg, the ankle, the back of the foot and the acromion. He also prefers to use bloodletting on the back as a flexible method for treating all forms of disease.



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Master Tung used bloodletting to treat a wide variety of diseases. For example, he used *WeiZhong* for sciatica, lumbago, stiff neck, lower limb rheumatism and hemorrhoids. He used *ChiZe* for stuffy chest, asthma and frozen shoulder. *ZuSanLi* was used for gastropathy and enterogastritis while *TaiYang* was used for migraine, dizziness and conjunctivitis. Special points such as *SanJin* 三金 (DT.07) was used for knee pain, *JinLin* 金林 (DT.09) for thigh pain, *JingZhi* 精枝 (DT.08) for leg pain, *ShuangFeng* 双凤 (DT.05) for numbness of the hand and foot, *SanJiang* 三江 (DT.15) for gynecopathy, and *ZongShu* (1010.17) was used for conditions such as high fever and vomiting in children. This method addressed pathologies in the following areas of care, internal medicine, external medicine, gynecology, pediatrics and traumatology.



The most prominent feature of Master Tung's bloodletting therapy is the emphasis on distal point selection; this conforms to the ancient orthodox method of "reducing distal points." On the contrary, in our experience, local points (*Ashi points*) are less satisfactory.

I have studied Tung's methods of bloodletting intensively, here are some further examples of his work: he used *TaiYang* to dispel wind and activate blood circulation, he pricked the ear tip to clear heat and activate blood, and pricked the back (where the *Yang* is) to warm *Yang* and activate blood circulation; he used *WeiZhong* (BL 40) to remove dampness and activate blood; he used *SiHuaZhong* and *SiHuaWai* which are near *FengLong* for resolving phlegm and activating blood, and he used the twelve *Jing*-well points for inducing resuscitation and activating blood circulation. His methods are flexible and effective.

Commonly Locations and Indications for Bloodletting Therapy

The most important and common method of bloodletting is to prick the vein. The common locations for bloodletting therapy are as follows:

Cubital Fossa 静脉刺络常用之部位

This common location has been used since ancient times; it is close to *ChiZe* and *QuZe*. This form of bloodletting is performed on the prominent blue vein. 肘窝部为自古常用之部位，相当尺泽、曲泽穴位视鼓起之青筋放血

Indications: Diseases of the respiratory organs and the heart (specifically effective for angina pectoris), cholera, sunstroke, upper limb rheumatic neuralgia, frozen shoulder and hemiplegia. 呼吸器及心脏病（心绞痛用之特效），霍乱、中暑、上肢风湿神经痛、五十肩、半身不遂

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Popliteal Fossa 膝膕部

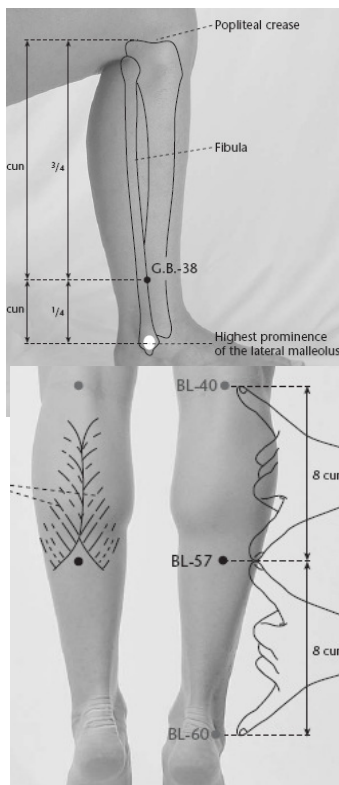
This is a common area for bloodletting with good effect, where *WeiZhong* is. 相当于委中穴位之部位，效果佳而最常用。（古称血郄，最适于刺血）

Indications: Enteritis, hemorrhoid, lumbago, stiff neck, lower limb rheumatic neuralgia, sciatica, bone spur of the lumbar vertebrae, hemiplegia, cervicospodylopathy, hypertension, apoplectoid stroke, encephalitis sequela, sequela of poliomyelitis in children, thromboangitis obliterans, rubella, sunstroke, furuncles and sores, retention of urine. 肠炎、痔疮、腰痛、项强、下肢风湿神经痛、坐骨神经痛、腰椎骨刺、颈椎病、高血压、类中风、半身不遂、脑炎后遗症、小儿麻痹后遗症、血栓闭塞性脉管炎、风疹、伤暑、疔疮、癰闭等

Lower Arm, where ShouSanLi is 下臂部相当于手三里穴之部位

Indications: Facial pustule, carbuncle, conjunctivitis, toothache, eczema, urticaria. 面疔、疔、结膜炎、牙痛、湿疹、荨麻疹等

Lower Leg 下腿部



YangMing 阳明

This area is where one finds *ZuSanLi*, *TiaoKou* and *SiHuaZhong*. Bloodletting should be conducted on the blue vein. 阳明部位相当于足三里、条口附近（即董师之四花中穴）部位。视青筋放血

Indications: Gastritis, enterogastritis, chronic gastropathy, chest pain and stuffiness, chronic trachitis, erysipelas and multiple radiculitis. 胃炎、肠胃炎、久年胃病、胸痛胸闷、慢性气管炎、丹毒、多发性神经根炎。

ShaoYang

This area is between *YangLingQuan* and *YangFu* (GB 38), it is called *SiHuaWai*.

Bloodletting should be conducted on the blue vein. 少阳部位相当于阳陵泉至阳辅附近（即董师之四花外穴）视青筋放血

Indications: Acute enterogastritis, pleurisy, heart diseases, chest distention, chronic bronchitis, asthma, sciatica, shoulder pain, migraine and hypertension. 急性肠胃炎、肋膜痛、心脏疾病、胸部发胀、慢性支气管炎、哮喘、坐骨神经痛、肩臂痛、偏头痛、高血压等

TaiYang

This area is where *ChengShan* (BL 57) is, and bloodletting should be given on the blue vein. 太阳部位相当于承山穴部位，视青筋放血

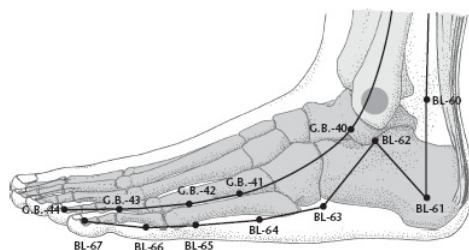
Indications: Hemorrhoid, backache and phlebangioma 痔疮、背痛、静脉瘤

TaiYin

This area is near *YinLingQuan* 太阴部位相当于阴陵泉附近

Indications Internal and external hemorrhoid, dysmenorrhea, infertility, urinary tract infection, acute lymphangitis 内痔、外痔、痛经、不孕、尿路感染、急性淋巴管炎

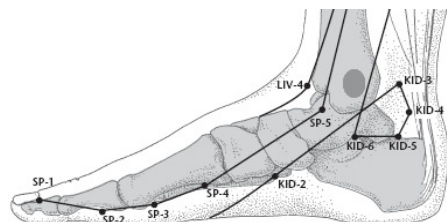
A Study on Tung's Acupuncture External Malleolus



This area is where *QinXu* (GB 40) and *KunLun* (BL 60) are. 外踝部：包括丘墟、昆仑一带

Indications: Podarthrititis, lumbago, sciatica. 足关节炎、腰痛、坐骨神经痛

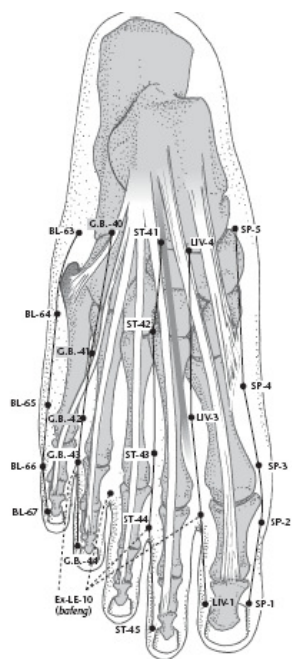
Internal Malleolus 内踝部



This area is where *ZhongFeng* (LR 4) and *ZhaoHai* (KI 6) are 包括中封、照海穴一带

Indications: Otitis media, hernia, infertility 中耳炎、疝气、不孕证

Dorsum Pedis 脚背



YangMing

This area is near *JieXi* (ST 41) 阳明部位：解溪穴附近

Indications: Gastric ulcer, duodenal ulcer, erysipelas, peripheral neuritis, thromboarteritis obliterans, lymphedema. 十二指肠溃疡、丹毒、末梢神经炎、血栓闭塞性脉管炎、象皮腿

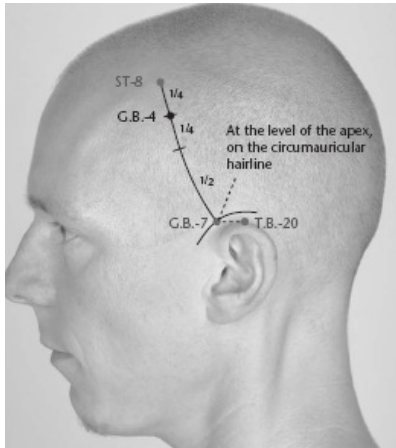
ShaoYang

This area is where *ZuLingQi* (GB 41), *XiaXi* (GB 43) and *DiWuHui* (GB 42) are. 少阳部位相当于临泣、侠溪、地五会等穴位附近

Indications: Toothache, migraine along *ShaoYang* channel, sciatica. 牙痛、坐骨神经痛

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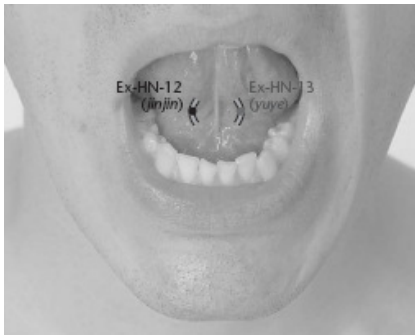
Parafrontals



This area is where *HanYan* (GB 4) is, and is often referred to as the temple. 侧额部相当于额厌穴部位，俗称太阳穴

Indications: Headache, dizziness, conjunctivitis, hemorrhage of the ocular fundus, apoplexy, asthma and pathological changes of the esophagus. 头痛、头晕、结膜炎、眼底出血、中风、气喘、食道病变等

Hypoglossis



This area is where *JinJin*, *YuYe* is, i.e. the sublossal blue vein. 舌下部相当于奇穴金津玉液，即舌下紫脉

Indications: Laryngitis, speech disorder, apoplexy, shock and cardioplegia, serious cold. 喉炎、言语障碍、中风、休克、恶性感冒等

Other Common Locations for Bloodletting Therapy 其它常见刺络部位

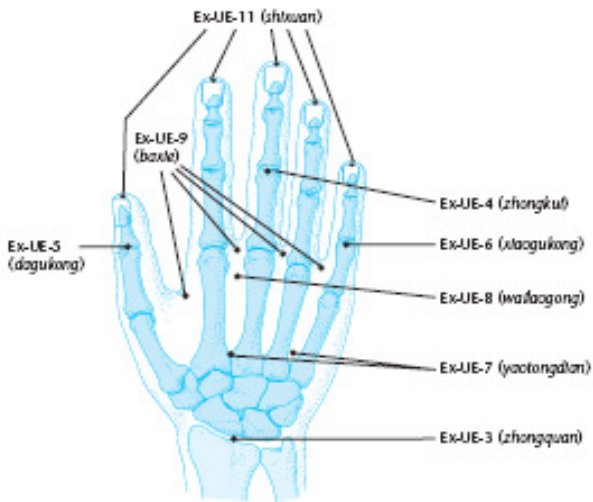
Besides the aforementioned locations, other common locations for bloodletting therapy include the posterior ear, the twelve *Jing*-well points, *ShiXuan* (Extra), the back, the acromion and the face. Since it is difficult to find blue veins and there are no large veins in these areas, bloodletting is accomplished by pricking the point to let out little blood. 除上述几大常用较大静脉部位外，尚有耳背，十二井、十宣、背后、肩峰、颜面等部位，由于这些部位较不易发现青筋或无较大静脉，因此治疗时不是寻找青筋放血，由于经验之累计，只要在固定穴位刺针，使出些微红血，即达治病目的，这些部位亦有称之为细络者。下面略予说明

Twelve *Jing*-well points 十二井穴:即十二经络之井穴部位

Indications: Apoplexy, acute inflammation, cardioplegia, fever. 卒中、急性炎症、退热等

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ShíXuān, at the top of the ten fingers. 十宣：位于十指之尖端



Indications: Apoplexy and cardioplegia. 卒中

The ear back or ear tip, with thin veins for bloodletting. 耳背：有细小之紫筋数条，对准放血。

Indications: Headache, trigeminal neuralgia, conjunctivitis, ceratitis, skin diseases, arthritis of the temple and chin, insomnia, palpitation, and hidrosis. 头痛、三叉神经痛，结膜炎、角膜炎、皮肤病、颞颌关节炎

The face, including the cheek, the zygomatic region, the tip of the nose and the nasal ala. 颜面：颊，颧、鼻头、鼻翼部位

Indications: Facial paralysis, rhinitis, headache, and trigeminal neuralgia. 颜面神经麻痹、鼻炎、头痛、三叉神经方

The oral cavity, the oral mucosa 口腔：口腔粘膜

Indications: Facial Paralysis 颜面神经麻痹

The palm margin, from HouXi to WanGu (SI 4)

Indications: Rubella and asthma

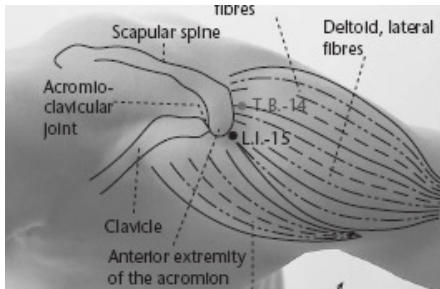
The side of the sole at RanGu (KI 2)



Indications: cerebral concussion.

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The acromion, around JianYu (LI 15) 肩峰：相当于肩髃穴附近部位



Indications: Kidney diseases (when yellowish discharge appears), pain of the wrist and the back of the hand (when dark blood appears), congealed shoulders, frozen shoulders, urticaria, mastitis, etc.

出黄水治肾脏病，出黑血治手腕及手背痛。肩凝、五十肩、荨麻疹、乳腺炎等。

The back, including all back-Shu points 腰背：全部腰背俞穴均属放血范围

Indications: Diseases of *ZangFu* and the related channels.

各脏腑病变及其有关经络之病，刺其俞穴出血

QiShing 七星 (DT.03)

Including ZongShu 总枢(1010.07), 0.8 inch into the hairline and the area 1 inch below it. 七星穴：包括在项部入发际八分之总枢穴及其下一寸

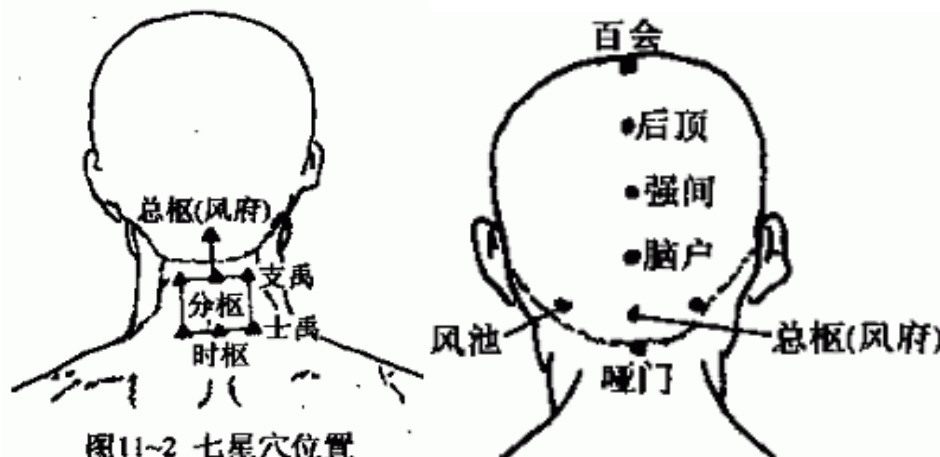


图11-2 七星穴位置

Indications: vomiting, common cold with headache, fever in children, various wind syndromes in children, apoplexy with aphasia and dysphagia. 呕吐（五脏不安）、感冒头痛、小儿高烧、小儿各种风证

***Remarks:** *QiShing* refers to seven points, including *ZongShu*, which coincides with *FengFu*, and *FenShu* (DT.03-II), which coincides with *YaMen* (Du 15). The two points are to be used in bloodletting, not all the seven points. 总枢穴即督脉之风府穴，分枢即督脉之哑门穴，虽然因为有七个穴道，故称七星，但并不需要每个穴都针，一般只要针总枢（风府）、分枢（哑门）即能达到疗效，点刺出血效果更佳。

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Wuling 五岭 (DT.04)

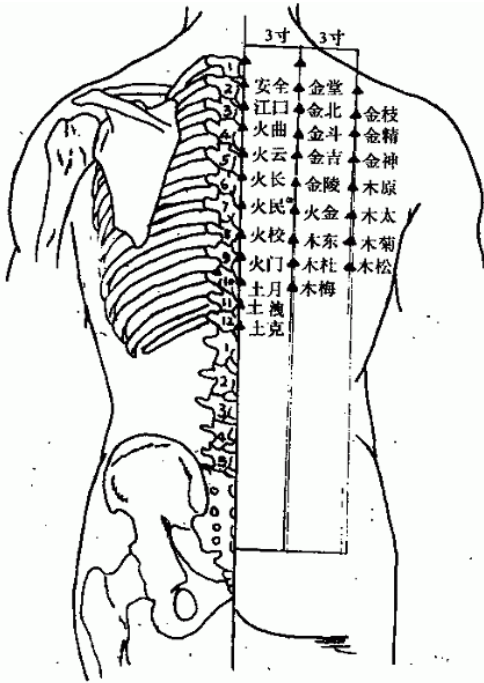


图11-3 五岭穴图

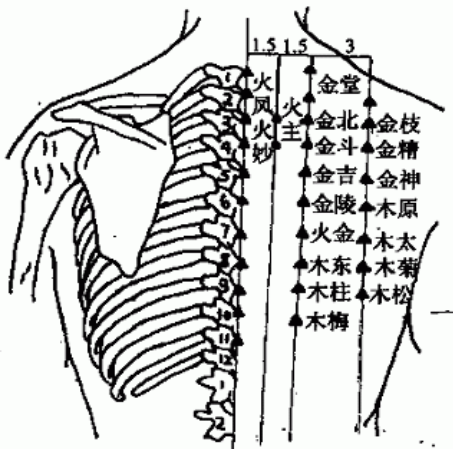
金、木东、木杜，直至木梅穴 为止，共八穴。第三条穴线（左右共两条）从第二条线向外横开四指，共有金枝、金精、金神、木原、木太、木菊、木松七穴，每穴间隔约一寸。

Indications: Hypertension, severe cold, high fever, chills, sudden dizziness, headache, paralysis of hand and foot caused by hypertension, hemiplegia, various kinds of cholera, vomiting, lumbago due to angiosclerosis and acute gastralgia. 血压高、重感冒、发高烧、发冷、突然间引起之头晕、头痛、高血压引起之手足麻痹、半身不遂，阴霍乱、阳霍乱、呕吐及各种痧症、血管硬化之腰痛，干霍乱、急性胃痛。

用三棱针扎出血

This includes five lines of points. The first runs from *JiangKou* 江口 (DT.04-II) at the second vertebra from *DaZhui* (Du 14) down to *TuKe* 土克 (DT.04-XI), below the tenth thoracic vertebra, with one point below each vertebra, altogether ten points. The eight points in between are *HuoQu* 火曲, *HuoYun* 火云, *HuoChang* 火长, *HuoMing* 火明, *HuoXiao* 火校, *HuoMen* 火门, *TuYue* 土月 and *TuXie* 土泄 (DT.04III-X). The second line (two bilateral lines) is four finger breadth from *JiangKou*, running from *JinBei* (XXIII) downwards, with each two points one inch apart, altogether 8 points. The other points are *JinDou* 金斗, *JinJi* 金吉, *JinLing* 金陵, *HuoJin* 火金, *MuDong* 木东, *MuDü* 木杜 and *MuMei* 木梅 (DT.04 XXIV-XXX). The third line (two bilateral lines) are four finger breadth lateral to the second line, again with each two points one inch apart, altogether seven points, namely, *JinZhi* 金枝, *JinJing* 金精, *JinShen* 金神, *MuYuan* 木原, *MuTai* 木太, *MuJu* 木菊 and *MuSong* 木松 (DT.04 XXXVII-XLIII). 五岭穴包括五道穴线：第一道穴线从大椎骨下第二节江口穴起，每下一节为一穴，其顺序为火曲、火套、火长、火明、火校、火门、土月、土泄，直至第十椎下 土克穴为止，共十穴。第二条穴线（左右共两条）从江口穴向左右平开四指，金北穴起下一寸为一穴，其顺序为金斗、金吉、金陵、火

ShuangFeng 双凤 (DT.05)



This is in fact two bilateral lines of points going from *HuoFeng* 火凤 (XLIV), which is 1.5 inches lateral to the point between the second and third vertebrae from *DaZhui* (Du 14), with each two points one inch apart, altogether fourteen points on the two bilateral lines. The other points are *HuoZhu* 火主, *HuoMiao* 火妙, *HuoChao* 火巢, *HuoChong* 火重, *HuoHua* 火花 and *HuoMi* 火密 (XLV-L).

双凤穴顾名思义计有两行，位置为自第二椎旁开寸半起每下一寸一穴连续七穴（双偶计十四穴），点刺时以患侧为主，左病针左穴，右病针右穴。

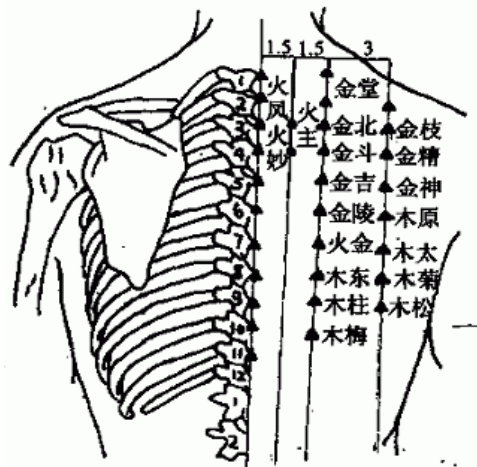
Indications: Pains and numbness of the hand and foot and angiosclerosis of the hand and foot. 手痛脚痛、手麻脚麻、手足血管硬化

用三棱针出血

A Study on Tung's Acupuncture

JiuHou 九猴 (DT.06),

Including *HuoFeng* 火凤, *HuoZhu* 火主, *HuoMiao* 火妙 (XLIV-XLVI), *JinTang* 金堂 (XXII two inches above *JinDou* 金斗), *JinBei* 金北 (XXIII), *JinDou* 金斗 (XXIV), *JinJi* 金吉 (XXV), *JinZhi* 金枝 (XXXVII) and *JinJing* 金精 (XXXVIII).



Indications: *HouSha*. 喉痧 (Scarlet fever)

Remarks: There's points are arranged in three lines. The first line starts from *HuoFeng*, which is half inch lateral to the second vertebra, altogether three points, with each two points one inch apart; the second line start from *JinTang*, which is three inches lateral to *DaZhui*, altogether four points, with each two points one inch apart; the third line start from *JinZhi*, which is six inches lateral to the second vertebra, and ends at *JinJing*, which is one inch below. There are altogether 9 points, thus the name "*JiuHou*" (Chinese meaning: nine monkeys).

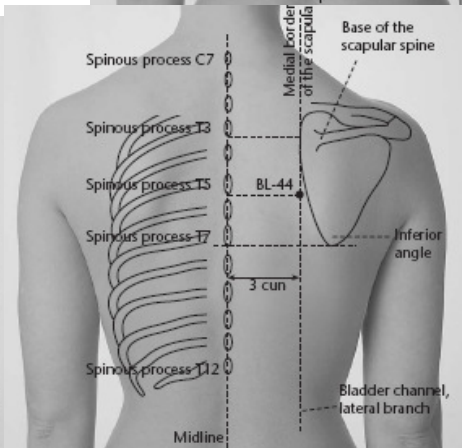
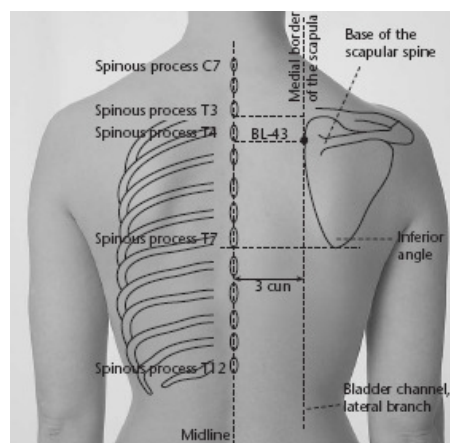
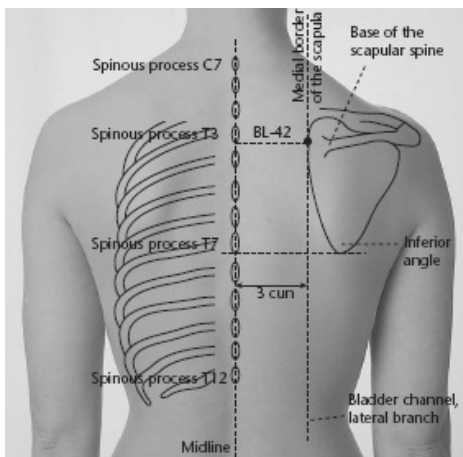
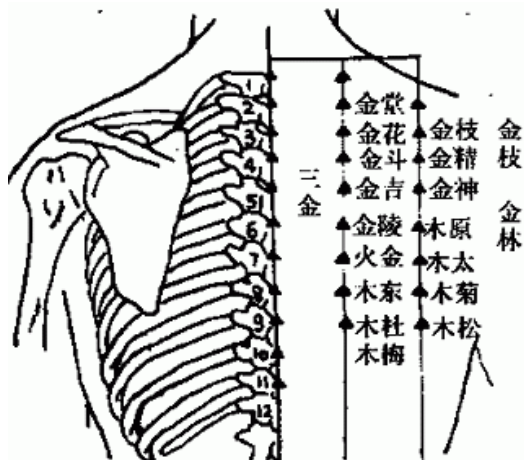
本穴之排列共分三行，位置为第二椎旁开寸半之火凤穴起，每下一寸一穴，计有主穴（含火凤），大椎旁开三寸之金堂穴起每下一寸一穴，计有四穴（含金堂），第二椎旁开六寸之金枝及下一寸金精，计二穴，总共九穴，为治疗猴痧之要穴，故称九猴穴，可记忆为“二椎寸半连三穴，一椎旁三连四穴，二椎旁六连二穴”

A Study on Tung's Acupuncture

SanJin 三金 (DT.07)

Including JinDou 金斗 (XXIV), JinJi 金吉 (XXV) and JinLing 金陵 (XXVI).

Indications: Knee pain. 膝盖痛

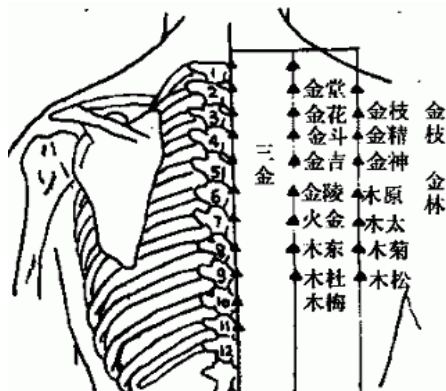


Remarks: These three points are three inches lateral to the third, fourth and fifth vertebrae respectively, which coincide with *PoHu* (BL 42), *GaoHuang* (BL 43) and *ShenTang* (BL 44) of the bladder channel. Pricking the points to let out little blood and knee pain is relived instantly. Even long-lasting serious diseases can be cured in this way. 金斗、金吉、金陵三穴分别位于第三、四、五椎外开三寸处，相当于膀胱经之魄户、膏肓、神堂穴，点刺出血少许，治疗膝关节疼痛，确有立竿见影之效，数年大疾亦往往愈于霍然

A Study on Tung's Acupuncture

JingZhi 精枝 (DT.08),

Including JinJing 金精 (XXXVIII) and JinZhi 金枝 (XXVII)



Indications: Distention and pains of the leg. 小腿发胀、小腿痛

Remarks: These two points are six inches lateral to the second and third vertebrae respectively. They are very effective for distention and pains of the leg. 精枝穴含金精、金枝两穴，分别位于第二椎及第三椎旁开六寸处，点刺出血，治疗小腿酸胀疼痛，效果极为迅速而突出。

JinLin 金林 (DT.09)

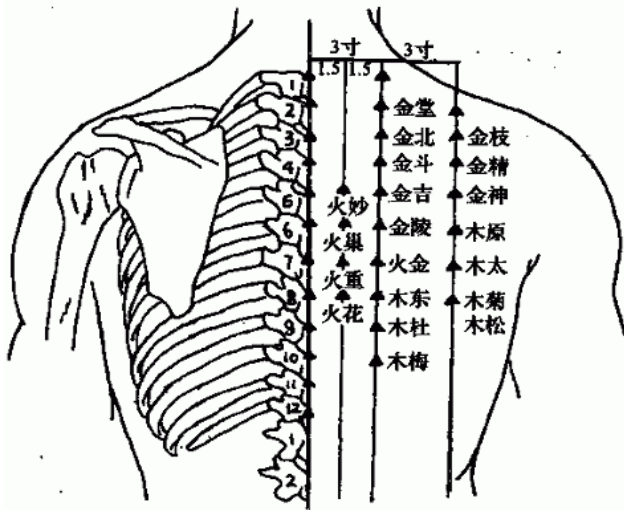
Including JinShen 金神 (XXXIX), MuYuan 木原 (XL) and MuTai 木太 (XLI)

Indications: Sciatica due to angiosclerosis. 坐骨神经痛

Remarks: These three points are six inches lateral to the fourth, fifth and sixth vertebrae respectively, just below *JingZhi*. They are effective for sciatica and neuralgia of the thigh. 金神、木原、木太三穴分别位于第四五六椎外开六寸处，亦即紧接于精枝穴下，点刺治疗大腿及坐骨神经痛确有卓效。

A Study on Tung's Acupuncture

DingZhu 顶柱 (DT.10)



计五穴，可记忆为“四椎旁三连六穴，四椎旁六连五穴”

Including eleven points: JingJi, JinLing, HuoJin, MuDong, MuDu, MuMei (XXV-XXX), JinShen, MuYuan, MuTai, MuJu and MuSong (XXXIX-XLIII) (twenty two points bilaterally) 包括金吉、金陵、火金、金神、木东、木杜、木梅、木原、木太、木菊、木松十一穴（两边共二十二穴）

Indications: Lower back pain, acute lumbar sprain, and chest pain on breathing. 腰痛、闪腰、岔气

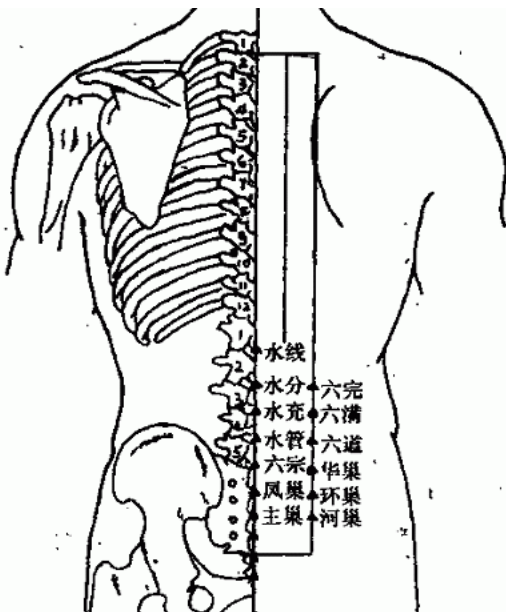
Remarks: These points are arranged in two lines. The six points in the first line are three inches lateral to the fourth and to the ninth vertebrae respectively; the five points in the second line are six inches lateral to the fourth to the eighth vertebrae. 顶柱穴计有十一穴，两侧合计则为二十二穴，分二行排列。第四椎至第九椎每椎旁开三寸各一穴，计六穴，第四椎至第八椎每椎旁开六寸各一穴，

HouXin 后心 (DT.11)

Including three lines of points: the first line starting from HouYun (IV), going down through HuoChang, HuoMing, HuoXiao, HuoMen and ending at TuYue (six points V-IX); the second line, 1.5 inches lateral to the spinal column, including four points: HuoMiao, HuoChao and HuoChong, HuoHua (eight points bilaterally XLVI-XLIX); the third line, 3 inches lateral to the spinal column, including three points: JinJi, JinLing and HuoJin (six points bilaterally XXV-XXVII) 包括大椎骨下第四个脊椎关节处，火云、火长、火明、火校、火门、土月六穴及脊椎旁开一寸五分之火妙、火巢、火重、火花四穴（两边共八穴），与旁开三寸之金吉、金陵、火金三穴（两边共六穴）。

Indications: Wool-like furuncles, furuncle, heart failure, gastropathy, acute cardioplegia, invasion of wind-cold, severe cold, apoplexy and various kinds of cholera. 羊毛痧、疔疮、心脏衰弱、胃病、风寒入里重感冒、中风、各种急性痧症。

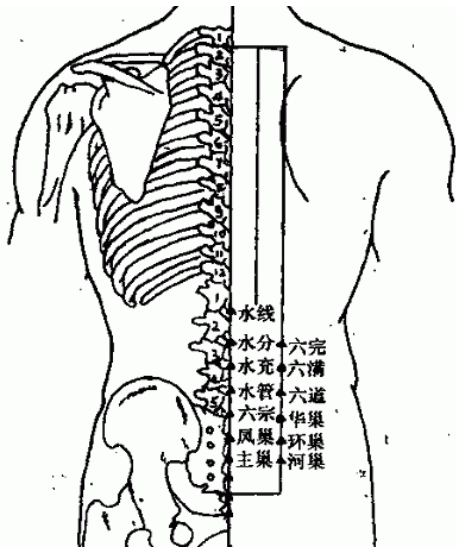
SanJiang 三江 (DT.15)



Involves two lines of points: the first line starting from point just below the thirteenth vertebra, going down through ShuiFen, ShuiKe, ShuiGuan, LiuZong, FengChao and ending at ZhuChao (XII-XVIII), altogether seven points, with each point at each inter-vertebral space successively; the second line, four finger breadth lateral to the fourteenth vertebra, including six points: LiuYuan, LiuMan, LiuDao, HuaChao, HuanChao and HeChao (twelve points bilaterally XXXI-XXXVI) 包括第十三椎下之分线穴起，每下一节一穴，其顺序为水分、水克、水管、六宗、风巢、主巢七穴及十四椎下旁开四指之六元、六满、六道、华巢、环巢、河巢六穴（两边共十二穴）。

Indications: Amenorrhea, metritis, enteritis, loin sprain, chest pain, acute enteritis. 经闭、子宫炎、肠炎、闪腰、岔气，急性肠炎。

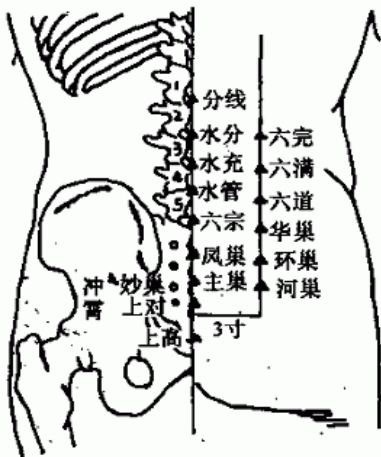
A Study on Tung's Acupuncture



ShuangHe 双河 (DT.16)

Including LiuYuan, LiuMan, LiuDao, HuaChao, HuanChao and HeChao, below the fourteenth vertebra (twelve points bilaterally XXXI-XXXVI) 包括第十四椎下之六元、六满、六道、华巢、环巢、河巢六穴 (两边共十二穴)

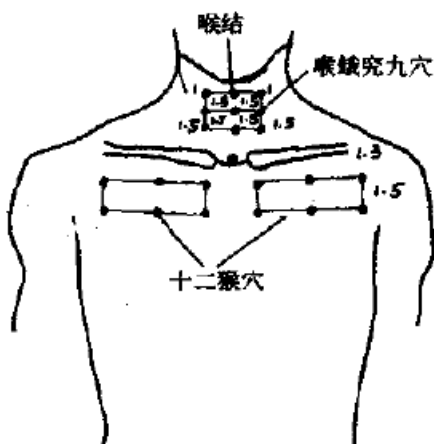
Indications: Pain of the arm, shoulder and back. 手臂痛、肩背痛



ChongKiao 冲霄 (DT.17)

Includes the three points: MiaoChao 妙巢 (XIX) below the twentieth vertebra, ShangDui 上对 (XX) below the twenty-first vertebra and ShangGao 上高 (XXI) is one Cun below ShangDui 包括第二十椎下之妙巢穴，二十一椎下之上对穴及上对穴下之一寸之上高穴，共三穴。

Indications: Distention and pain of the cerebellar, distention of the middle of os nuchale. 小脑痛、小脑发胀、项骨正中胀痛。



HouJiu 喉蛾九 (VT.01),

Including nine points, one at the laryngeal prominence, one 1 inch above the laryngeal prominence, one 1.5 inches below it, and the rest six, 1.5 inches lateral (to the right and to the left) to the first three points. 在喉结及其上一寸与下一寸五分处，另加该三处各左右旁开一寸五分处，共九穴。

Indications: Throat moth, throat pain, thyroiditis, throat itching, obstruction of the throat by sputum (dyspnea resembling asthma). 喉蛾、喉痛、甲状腺炎、喉痒、痰塞喉管不出 (呼吸困难，其状如哮喘)。

A Study on Tung's Acupuncture

ShiErHou 十二猴 (VT.02)

Including twelve points, six points on the line 1.3 inches below the clavicle bilaterally, and another six points on the line 1.5 inches below the clavicle bilaterally. 平行锁骨下一寸三分处共三穴，再下一寸五分处又三穴，两边总共十二穴

Indications: Scarlet fever, asthma due to angiosclerosis, hepatic cholera (typhoid, severe cold, cholera) 喉痧（猩红热）、血管硬化之哮喘、肝霍乱、下痢不止。（伤寒、重感冒、霍乱均会喉痧）

JinWu 金五 (VT.03)

Including five points starting from JinGan (VT.03-1), which is at the depression at the semi-lunar portion at the top of the sternum, going down through JinYin, JinYang, JinZhuan and ending at JinJiao (VT.03 2-5). 在胸骨上端半月状之下陷凹处为金肝穴，每下一节为一穴，其顺序为金阴、金阳、金转、金焦共五穴

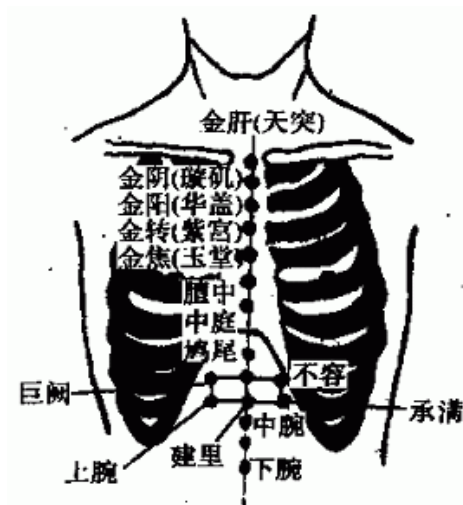
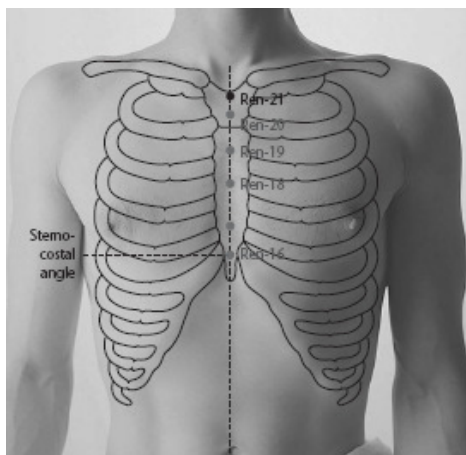


图12-2
金五穴及胃毛七穴



Indications: Hepatic cholera, indigestion (abdominal distention), hypochondriac pain, trachea obstruction, various kinds of cholera. 肝霍乱、消化不良（胃胀）、肋痛、气管不顺、各种痧症

Remarks: JinGan, JinYin, JinYang and JinZhuan and JinJiao (VT.03 1-5) coincide with TianTu (Ren 22), XuanJi (Ren 21), HuaGai (Ren 20), ZiGong (Ren 19) and YuTang (Ren 18) of the Ren Vessel. 金五穴之金肝穴即任脉之天突穴，其下之金阴、金阳、金转、金焦四穴亦即任脉璇玑、华盖、紫宫、玉堂等穴

A Study on Tung's Acupuncture

WeíMaoQí胃毛七 (VT.04)

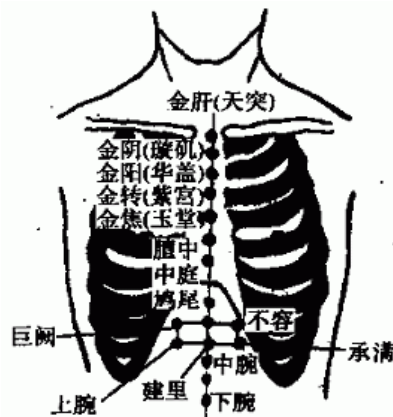
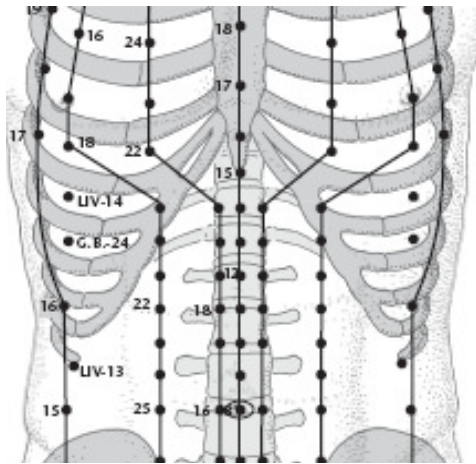


图12-2
金五穴及胃毛七穴

Includes seven points, one at the depression of the seventh costal-sternal juncture, the other two are 1 inch and 2 inches below it, and the other four are 1.5 inches lateral to the middle line. 从岐骨下缘陷凹处起，直下一寸一穴，共三穴。旁开一寸五分各两穴（两边四穴）

Indications: Wool-like furuncle, gastropathy, various kinds of cholera, palpitation, gastric hemorrhage. 羊毛痧、胃病、各种霍乱、心跳、胃出血

Remarks: If we change the location from 1.5 inches lateral to the middle

line to 2 inches lateral to the middle line", it will be easier to locate the points. In this way, the seven points coincide with *JiuWei* (Ren 15), *JuQue* (Ren 14), and *ShangWan* (Ren 13) of the *Ren* Vessel. Bilateral *BuRong* (ST 19) and *ChengMan* (ST 20) of the Stomach channel. Of course, bloodletting can be performed on the line 1.5 inches apart. 胃毛七穴部位之旁开“一寸五分”应为“二寸”方为正确）因此胃毛七穴之位置应系鸠尾、巨阙、上脘（以上三穴属任脉）及两旁之不容、承满（属胃经）内侧各五分一穴，两侧计四穴，总共七穴，位于胃部附近，并以治胃病为主，故称胃毛七穴。

FuChaoErShiSan 腑巢二十三 (VT.05)

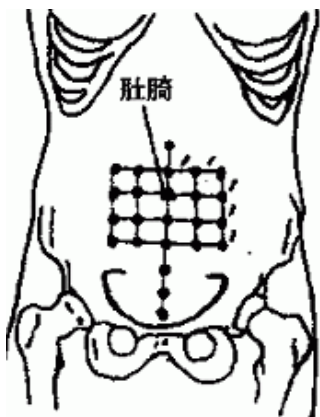


图12-3
腑集二十三穴

Includes twenty-three points, two points above the umbilicus and five points below the umbilicus; two bilateral points one inch lateral to the umbilicus, each having one point above and two points below (eight points bilaterally); two bilateral points two inch lateral to the umbilicus, each having one point above and two points below (eight points bilaterally). All the points are 1 inch apart. 肚脐直上一寸一穴共二穴，肚脐每下一寸一穴共五穴，肚脐旁开一寸一穴，其上一穴，其下二穴（共四穴，两边共八穴），肚脐旁开两寸一穴，其上一穴，其下二穴（共四穴，两边共八穴），总共二十三穴

Indications: Enteritis, metritis, nephritis, nephralgia and umbilical pain. 肠炎、子宫炎、肾炎、肾痛、脐痛

Remarks: Generally, not all the twenty-three points are used, but only the four points around the umbilicus. More points can be used in severe cases. Besides, the common locations for bloodletting mentioned above, there are more locations in the

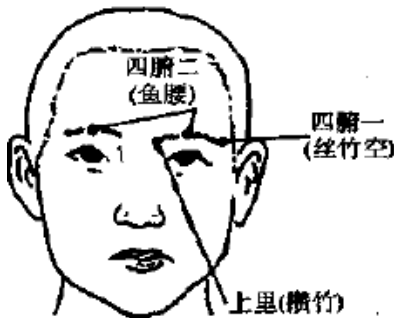
empirical recipes spread among people for bloodletting. The further development of the techniques of bloodletting therapy calls for our joint efforts. 腹巢二十三穴虽有二十三穴之多,但并不每穴皆用,在精穴简针原则下,一般只针以肚脐为中心,四旁各开一寸之穴位为主,随病情之严重而向四方扩张用穴。

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Bloodletting Therapy for Common Diseases 常见疾病之刺络治疗

Both mainstream practitioners and the historical literature acknowledge that bloodletting therapy can be used to treat a great variety of diseases with speedy effect. It is unfortunate that very few contemporary medical texts discuss this therapy in depth. The following is a summary of bloodletting therapy used in the treatment of common diseases, based on various medical texts and my understanding of Master Tung's experience in bloodletting therapy. 刺络对于疾病之治疗，应用广泛，效果宏速，为不争之事实，唯医书向少记载，甚为遗憾，爰据各家医书之散载及个人对董氏奇穴刺络体会与经验，按照常见疾病分类提要如后：

Diseases of the head 头部



1. Vertex pain: *ShangXing* (Du 23) and *BaiHui* (Du 20) 头顶痛：上星、百会
2. Distention and pain of the occiput or metencephalon: *ChongXiao* (DT.17), *WeiZhong* (BL 40) 后头（脑）胀痛。A. 冲霄 B. 委中
3. Migraine: *SiHuaWai* (77.14); *TaiYang* 偏头痛：四花外
4. Frontal pain: *SiFuYi* (1010.11), *SiFuEr* (1010.10) and *ShangLi* (1010.19); *SiHuaZhong* (77.09) 前头痛：四腑一、二及上里
5. Sudden dizziness: *WuLing* (DT.04); dizziness due to hypertension: *WuLing* (DT.04), the ear back 突然头晕：五岭；血压高头晕：五岭
6. Common cold with headache: *SanShang*; *QiShing* (DT.03) 感冒头痛：A. 三商 B. 七星。
7. Angioneurotic headache: *TaiYang* 血管神经性头痛：太阳

Diseases of the eye 眼病

1. Keratitis: *TaiYang*; *GanShu* (BL 18); *WuLing* (DT.04) [liver, gallbladder, *XinShu* (BL 15)]; back of ear 风眼肿痛（角膜炎）：A. 太阳穴、肝俞 B. 五岭（肝、胆、心俞） C. 耳后静脉点刺。
2. Distention and pain of the orbit: *ShaoShang* (LU 11); *TaiYang* 眼眶胀痛。少商、合谷、太阳
3. Conjunctivitis: *TaiYang*; *ZanZhu* (BL 2); *ShaoShang* (LU 11) 结膜炎：A. 太阳 B. 攒竹 C. 少商
4. Hordeolum: back of ear; *QuChi* (LI 11); tip of middle toe 麦粒肿：A. 耳背 B. 曲池 C. 足中趾尖
5. Pterygium: *ShaoZe* (SI 1); *ZhiYin* (BL 67) 翼状胬肉：少泽、至阴

Diseases of the ear 耳病

1. Sub-aural adenitis: *ShaoShang* (LU 11); ear tip; *ZuLingQi* (GB 41), *XiaXi* (GB 43), *DiWuHui* (GB 42) 耳下腺炎：A. 少商 B. 临泣、侠溪、地五会
2. Earache: *SiHuaWai* (77.14) 耳痛：四花外
3. Otitis Media (suppurative: around the ankle 中耳炎（聆耳）：足踝附近

Diseases of the mouth 口病

1. Sores of the mouth and tongue: ear tip; *JinJin* (Extra), *YuYe* (Extra); blue vein between *YinLingQuan* (SP 9) and *XueHai* (SP 10) 口舌生疮：A. 神门 B. 金津、玉液 C. 阴陵泉至血海直线上青筋

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2. Swelling of the mouth, tongue and throat: *SanZhong* (77.07), *ShaoShang* (LU 11) 口舌及咽喉肿：三重、少商
3. Sores of the mouth and lips: blue vein between *YinLingQuan* (SP 9) and *XueHai* (SP 10); *ShangChun* (77.15), *XiaChun* (77.16). 口唇生疮：阴陵泉至血海直线上青筋

Diseases of the tooth 牙病

1. Toothache: The area between external malleolus and *ZuLingQi* (GB 41), *XiaXi* (GB 43), *DiWuHui* (GB 42) 牙痛：外踝尖至临泣、侠溪、地五会

Diseases of the nose 鼻

1. Epistaxis: *ShaoShang* (LU 11); *GanShu* (BL 18) 鼻衄：A. 少商 B. 太冲 C. 肝俞
2. Acne rosacea: *PiShu* (BL 20); *WeiShu* (BL 21); from the nose tip to *ZhengBen* (1010.12) (seven star needle) 酒渣鼻：A. 脾俞 B. 胃俞 C. 鼻尖—正本穴（七星针）。
3. Allergic Rhinitis: *ZhengBen* (1010.12) 敏感性鼻炎：正本

Diseases of the throat 咽喉

General treatment: First prick *ShaoShang* (LU 11) and *ShangYang* (LI 1) and then treat the diseases according to different conditions; First prick the ear tip or ear back, and then treat the diseases according to different conditions 咽喉总治：A. 少商、商阳先行点刺，再行对症治疗。 B. 亦可于耳背点刺，再对症治疗

1. Tonsillitis: *ShaoShang* (LU 11) and *ShangYang* (LI 1); *SanZhong* (77.07) 扁桃腺炎：A. 少商、商阳、合谷 B. 三重。
2. Laryngitis: *ShaoShang* (LU 11), *ShangYang* (LI 1) and *HeGu* (LI 4); *SanZhong* (77.07) 喉头炎：A. 少商、商阳、合谷 B. 三重。
3. Pharyngeal swelling with dysphagia: *ShaoShang* (LU 11), *ShangYang* (LI 1) and *HeGu* (LI 4); *SanZhong* (77.07); *GuanChong* (SJ 1) 咽肿水药米粒不下：A. 少商、商阳、合谷 B. 三重
4. Laryngeal pain: pricking area between *YinLingQuan* (SP 9) and *XueHai* (SP 10); *YaMen* (Du 15); *HouEJiu* (VT.01) 喉痛：A. 阴陵泉至血海直线上青筋点刺 B. 哑门 C. 喉蛾九穴
5. Throat moth: *ShaoShang* (LU 11) 喉蛾：少商
6. Aphasia: *ZongShu* (1010.07) 发音无声：总枢
7. Obstruction of the throat by sputum: *HouEJiu* (VT.01) 痰塞喉管不出：喉蛾九穴

Asthma 哮喘

1. *WuLing* (DT.0) on the back [including *GeShu* (BL 17), *FeiShu* (BL 13), *XinShu* (BL 15) etc.]; *TaiYang*, *ChiZe* (LU 5); *SiHuaWai* (77.14); pricking the blue vein from *HouXi* (SI 3) and *WanGu* (SI 4). 背部五岭（肠俞、肺俞、心俞等穴） B. 太阳、尺泽 C. 四花外 D. 后溪至腕骨线上之青筋

Diseases of the neck 颈项

1. Goiter: *SanZhong* (77.07); auricular vein; *HouEJiu* (VT.01) 甲状腺肿：A. 三重 B. 耳后静脉 C. 喉蛾九穴

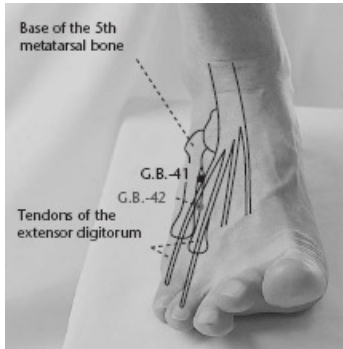
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2. Pain of the middle line of the os nuchale: *ChongXiao* (DT.17); *WeiZhong* (BL 40) 项骨正中中线痛: A. 冲霄 B. 委中

Diseases of the upper limbs 上肢

General Treatment: First prick the cubital fossa and then treat the diseases according to different conditions. 上肢总治: 可于肘弯点刺, 再对症治疗

1. Wrist pain: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); *ZuLinQi* (GB 41), *XiaXi* (GB 43), *DiWuHui* (GB 42); *ShuiYu* (44.17) 手腕痛: A. 四花中、副 B. 临泣、侠溪、地五会 C. 水俞



2. Shoulder pain: *SiHuaWai* (77.14) 肩痛: 四花外
3. Finger numbness: *HouXin* (DT.11); *ShuangFeng* (DT.05) 指麻: A. 后心 B. 双凤
4. Redness and swelling of the back of the hand and finger pain: *SiHuaZhong* (77.09), *ShuangFeng* (DT.05) 掌背红肿、手指肿: 四花中、副
5. Hand pain and numbness, angiosclerosis of hand and foot: *ShuangFeng* (DT.05); *SiHuaWai* (77.14); *ShuiYu* (44.17) 手痛: 手足血管硬化、手麻: A. 双凤 B. 四花外 C. 水俞

6. Arm pain: *ShuangHe* (DT.16); *SiHuaWai* (77.14); *ShuiYu* (44.17) 臂痛 (前): A. 双河 B. 四花外 C. 水俞
7. Shoulder and arm pain: *ShuangHe* (DT.16); *SiHuaWai* (77.14) 肩臂痛: A. 双河 B. 四花外
8. Ganglionic cyst: Applying chicken-claw pricking at the local area to let out mucus and blood. 腱鞘囊肿: 囊肿部位放液

Diseases of the lower limbs 下肢

General Treatment: First prick *WeiZhong* (BL 40) and then treat the diseases according to different conditions. 下肢总治: 皆可于委中点刺, 再对症治疗

1. Soreness of the legs: *JinLin* (DT.09), *JinZhi* (DT.08-XXVII) 两腿发酸: 金林、金枝
2. Sciatica: pain of the *TaiYang* channel – *WeiZhong* (BL 40) or *JinLin* (DT.09); pain of the *ShaoYang* channel – *SiHuaWai* (77.14) or *JinLin* (DT.09) 坐骨神经痛: A. 太阳经痛—委中或金林 B. 少阳经痛—四花外或金林
3. Knee pain: *SanJin* (DT.07) 膝痛: 三金
4. Leg pain and distention: *JingZhi* (DT.08) 小腿痛 (胀): 精枝
5. Swelling and pain of the ankle: *WeiZhong* (BL 40), *YangLingQuan* (GB 34) 足踝肿痛: 委中及阳陵泉
6. Heel Pain: *WeiZhong* (BL 40) 脚跟: 委中
7. Foot numbness and pain: *ShuangFeng* (DT.05); *YinBai* (LR 9) 足麻、足痛: A. 双凤 B. 隐白
8. Toe Spasm: Center of the external malleolus 足趾痉挛: 外踝中央
9. HongKong foot with yellow discharge: pricking the blue vein from the center of the external malleolus to *ZuLinQi* (GB 41); *ZhiWu* (11.26) 香港脚流黄水: 外踝中央至临泣青筋点刺
10. Numbness and pain of the four limbs: *Jing*-well points. 四肢麻痛: 井穴刺血

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Diseases of the chest and abdomen 胸腹

1. Hypochondriac pain (hepatic cirrhosis, pleurisy): *SiHuaWai* (77.14), which can be used with *GanShu* (BL 18) 肋痛（肝硬化、肋膜炎）：四花外（肝俞）。
2. Abdominal pain: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 腹痛：四花中、副
3. Chest stuffiness and distention: *ChiZe* (LU 5); *SiHuaZhong* (77.09) 脚闷（胀）：A. 尺泽 B. 四花中
4. Umbilicus pain: *FuChaoErShiSan* (VT.05) (altogether 23 points, see descriptions of the points mentioned; *SiHuaWai* (77.14) 脐痛：A. 腹集（23）穴（选） B. 四花外

Diseases of the loin and back 腰背

General treatment: First prick *WeiZhong* (BL 40) and then treat the diseases according to different conditions. 腰背总治：可于委中点刺，再行对症治疗

1. Spine pain: *WeiZhong* (BL 40); *RenZhong* (Du 26) 脊痛：A. 委中 B. 人中
2. Loin pain: *WeiZhong* (BL 40) 腰痛：委中
3. Sprain and Stiffness: *WeiZhong* (BL 40) 转筋强直：委中
4. Lumbago due to angiosclerosis: *DingZhu* (DT.10), *WeiZhong* (BL 40) 血管硬化之腰痛：顶柱、委中
5. Back pain: *ChengShan* (BL 57) 背痛：承山

Diseases of the heart 心脏

General Treatment: cubital fossa; *SiHuaZhong* (77.09); *WuLing* (DT.04) 心脏病总治：A. 肘弯 B. 四花中 C. 五岭

1. Cardiomegaly: *WuLing* (DT.04) (upper energizer portion) 心脏扩大：五岭穴（上焦部分）
2. Angiosclerosis of the heart: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 心脏血管硬化：四花中、副。
3. Cardioplegia: *SiHuaZhong* (77.09), *SiHuaFu* (77.10), the twelve *Jing*-well points 心脏麻痹：四花中、副、十二井穴。
4. Palpitation: *Dan* (11.13) 心惊悸：胆穴
5. Heart Failure: *HouXin* (DT.11) 心脏衰弱：后心
6. Cardialgia: *HuoBao* (55.01), *ChiZe* (LU 5) 心痛：火包、尺泽
7. Accelerated heartbeat: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 心跳剧烈：四花中、副

Diseases of the liver and gallbladder 肝胆

1. Jaundice: *YinBai* (LR 9), *PiShu* (BL 20), *WeiShu* (BL 21) 黄疸：隐白、脾俞、胃俞
2. Hepatic Cirrhosis: *SiHuaWai* (77.14), *GanShu* (BL 18) 肝硬化：四花外、肝俞
3. Liver diseases: *HuoBao* (55.01) 肝病：火包

Lung Diseases 肺病

1. Bronchitis (with yellow sputum): *SiHuaWai* (77.14) 支气管炎（吐黄痰）：四花外
2. Asthma: *WuLing* (DT.04) at the back; *TaiYang*; *ChiZe* (LU 5); *SiHuaWai* (77.14); pricking the blue vein from *HouXi* (SI 3) to *WanGu* (SI 4) 哮喘：A. 背部五岭 B. 太阳、尺泽 C. 四花外 D. 后溪至腕骨线上之青筋

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3. Acute Pneumonia: *DaBai* (22.04); *FeiShu* (BL 13), *FengMen* (BL 12) 急性肺炎: A. 大白 B. 肺俞、风门
4. Miscellaneous diseases of the Lung Channel: *SiHuaWai* (77.14) or together with *FeiShu* (BL 13) with better effect. 肺经杂症: 四花外均可主治之。(或加肺俞更佳)

Diseases of the spleen and stomach 脾胃

1. Epigastric pain: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 胃酸痛: 四花中、副
2. Gastritis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); from *NeiTing* (ST 44) to *JieXi* (ST 41) 胃炎: A. 四花中、副 B. 内庭至解溪
3. Acute gastralgia: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); *QuZe* (PC 3), *WeiZhong* (BL 40); *WuLing* (DT.04)[middle energizer portion, around *WeiShu* (BL 21)] 急性胃痛: A. 四花中、副 B. 曲泽、委中 C. 五岭之中焦部份(胃俞及上下)。
4. Gastric hemorrhage: *WeiMaoQi* (VT.04); *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 胃出血: 胃毛七、四花中、副。
5. Gastric Ulcer: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 胃溃疡: 四花中、副。
6. Duodenal Ulcer: pricking the blue vein from *NeiTing* (ST 44) to *JieXi* (ST 41); external malleolus 十二指肠溃疡: A. 内庭至解溪上青筋点刺 B. 外踝附近点刺
7. Acute enterogastritis (with vomiting and diarrhea): *SiHuaZhong* (77.09), *SiHuaFu* (77.10), *SiHuaWai* (77.14); *QuZe* (PC 3), *WeiZhong* (BL 40) 急性肠胃炎(上吐下泻): A. 四花中、副、外 B. 曲泽、委中

Kidney diseases 肾

1. Nephritis: pricking *ShuiShu* to let out yellow discharge; *FuChaoErShiSan* (VT.05); around the kidney 肾脏炎: A. 水俞扎出黄水 B. 腑巢 C. 肾脏周围

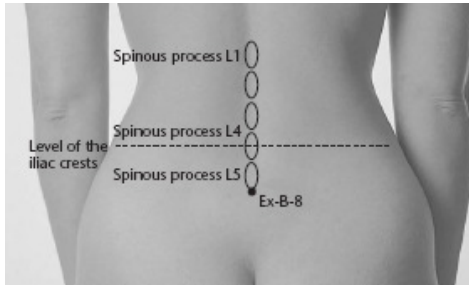
Intestinal diseases 肠

General treatment: *SiHuaZhong* (77.09), *SiHuaWai* (77.14) 肠病总治: 四花中、外

1. Duodenum: pricking the blue vein from *NeiTing* (ST 44) to *JieXi* (ST 41); around the external malleolus 十二指肠: A. 内庭至解溪上青筋点刺 B. 外踝附近点刺
2. Cecitis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10), *SiHuaWai* (77.14) 盲肠炎: 四花中、副、外
3. Hernia: around the inner malleolus 疝气: 内踝附近
4. Acute enterogastritis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10), *SiHuaWai* (77.14) 急性肠胃炎: 四花中、副、外
5. Acute enteritis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); *SanJiang* (DT.15) 急性肠炎: A. 四花中、副 B. 三江
6. Acute abdominal pain: *QuZe* (PC 3), *WeiZhong* (BL 40) 急性腹痛: 曲泽、委中

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Gynecopathy 妇科



1. Swelling and pain of the breast: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 乳房肿痛：四花中、副
2. Amenorrhea: *SanJiang* (DT.15) 经闭：三江
3. Hysteritis: *SanJiang* (DT.15) 子

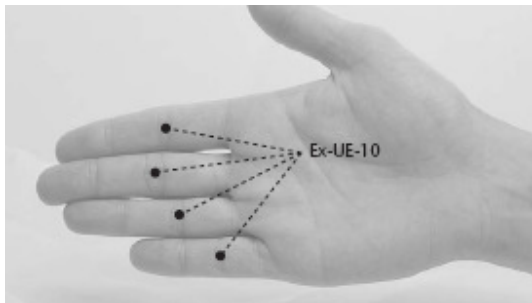
宫炎：三江

4. Retention of Placenta: *HuoBao* (55.10) 胎衣不下：火包
5. *Leuchrrhea*: *SanJiang* (DT.15); *ShiQiZhui* (EX-B8), *BaLiao* (BL 31, 32, 33, 34) 白带：A. 三江 B. 十七椎下、八髎

Diseases of the blood vessel 血管病

1. Apoplexy: the twelve *Jing*-well points 中风：十二井
2. Hypertension: *SiHuaWai* (77.14); *WuLing* (DT.04); *WeiZhong* (BL 40) 高血压致手足麻痹或半身不遂：五岭
3. Paralysis of the hand and foot or hemiplegia caused by hypertension: *WuLing* (DT.04); *ChiZe* (LU 5), *WeiZhong* (BL 40) 高血压：A. 四花外 B. 五岭 C. 委中
4. Phlegangioma: pricking the tumor 低血压（静脉瘤）：当瘤上点刺

Children's diseases 小儿科



1. Infantile malnutrition (with much food intake and emaciation: *SiFeng* (EX-UE 10); *GanShu* (BL 18), *GeShu* (BL 17), *WeiShu* (BL 21), *ShenZhu* (Du 12) 小儿疳疾（多食而瘦）。A. 四缝 B. 肝俞、肠俞、胃俞、身柱
2. Smallpox: *ChiZe* (LU 5), *WeiZhong* (BL 40); ear back 小儿痘疮：A. 委中、曲泽 B. 耳背
3. Convulsion: *ShiXuan* (EX-UE 11); *QiShing* (DT.03); *YinTang* 小儿惊风：A. 十宣 B. 七星 C. 印堂

4. Asthma: *DaBai* (22.04) 小儿气喘：大白
5. Night Cry: *Dan* (11.13) 小儿夜哭：胆穴
6. High fever and vomiting: *ZongShu* (1010.17), or together with *QiShing* (DT.03) 小儿发高烧、呕吐：总枢（七星）。
7. Congenital deformity of the tongue: *ShaoZe* (SI 1), *ShaoChong* (HT 9), *YinBai* (LR 9) 小儿重舌：少泽、少冲、隐白
8. Mumps: *ShaoShang* (LU 11), *GuanChong* (SJ 1) 痄腮：少商、关冲

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Miscellaneous Diseases 杂病

1. Dry cholera: *ZongShu* (1010.07); *WuLing* (DT.04) 干霍乱: A. 总枢 B. 五岭
2. Cholera: *WeiZhong* (BL 40); *ChiZe* (LU 5), *QuZe* (PC 3); 霍乱: A. 委中 B. 尺泽、曲泽
3. *XieXui*: *WeiZhong* (BL 40); *ShaoShang* (LU 11) 邪祟: A. 委中 B. 少商
4. Hemorrhoid: *WeiZhong* (BL 40) 痔疮: 委中
5. Sunstroke: the twelve *Jing*-well points 急救中暑: 十二井
6. Epilepsy: onset: the twelve *Jing*-well points; remission: *WuLing* (DT.04) 癫痫: A. 发作期: 十二井 B. 缓解期: 五岭
7. Skin diseases: postauricular vein 皮肤病: 耳后静脉点刺
8. Hordeolum: *PiShu* (BL 20), *WeiShu* (BL 21); postauricular vein; *QuChi* (LI 11) 偷针眼: A. 脾俞、胃俞 B. 耳后静脉 C. 曲池。
9. Scarlet fever: *ShiErHou* (VT.02) 猴痧: 十二猴穴
10. Various kinds of cholera: *JinWu* (VT.03); *WuLing* (DT.04) 各种痧证: A. 五金 B. 五岭
11. Wool-like furuncle: *WeiMaoQi* (VT.04); *HouXin* (DT.11) 羊毛痧: A. 胃毛七穴 B. 后心
12. Deep-rooted boils *HouXin* (DT.11) 疔疮: 后心穴
13. General fatigue: *BeiMian* (44.07) 全身疲劳: 背面
14. Vomiting (with discomfort of the five *Zang*): *QiShing* (DT.03) [*ZongShu* (1010.07)]; *WuLing* (DT.04) 呕吐 (五脏不安): A. 七星 (总枢) B. 五岭
15. Herpes zoster: around the local area; the ear back; *ZhiWu* (11.26) 带状疱疹: A. 疱疹周围 B. 耳背

Case Reports 病案举例

1. Mr. Wang was a 36 year old office worker who had sciatica on the left side and was unable to walk. The painful area was on the gallbladder channel. He was treated by pricking the raised blue vein between *FengLong* (ST 40) and *YangLingQuan* (GB 34) to let out some blood and he was cured after only one treatment. 汪 XX, 36 岁, 公务员。左腿坐骨神经痛, 不能行走, 疼痛部位属胆经, 视其左腿丰隆至阳陵泉一带有青筋鼓起, 刺之出血, 1 次痊愈, 行走如常。
2. Mr. Yang was a 20 years old student who had conjunctivitis and congested eyes for three days. He was treated by pricking the thin purple vein on the posterior aspect of the auricle to let out little blood; he recovered the second day. 颜 xx, 20 岁, 学生。患结膜炎已 3 天, 眼白充满红丝, 视其耳背上紫色细脉, 以棱针出血少许, 第二天再行探视, 已痊愈。
3. Mrs. Xie was a 33 year old woman with rheumatism of the knees for many years; she had sharp pains when she went to see us. We first pricked *SanJin* (DT.07) to let out little blood and her pain was greatly relieved. We then applied acupuncture at *NeiGuan* (PC 6) bilaterally and asked her to move the legs. She was thus cured of the disease after only one treatment without recurrence for 10 years. 谢太太, 33 岁。双膝风湿痛多年。来诊时疼痛剧烈, 先在双背三金穴, 点刺出血少许, 即刻疼痛减轻大半, 再以毫针在双内关刺针, 令其活动腿部, 1 次而愈, 至今 10 年未再复发。并介绍病友多人来诊。
4. Mr. Tu was a 40 year old army man who had sprained his waist for 2 days with great pain. He was treated by pricking the raised blue vein at *WeiZhong* (BL 40) to let out little blood, followed by needling at *ShuGu* (BL 63), and he recovered after one treatment. 涂 xx, 40 岁, 军人。腰部扭伤两天, 疼痛异

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常不得翻身，视病患委中部位青筋暴起，以棱针刺破，血流少许，旋即痛减能起床翻身，再以毫针针刺束骨穴，1次痊愈。

5. Mrs. Wang was a 40 year old woman with migraines for nearly 20 years. The pain came with vomiting and sharp pain. She was treated by pricking the temporal area to let out blood, and her headache was instantly relieved. She didn't come for a second visit, but telephoned us that she had already recovered. 王太太，40岁，偏头痛近20年，痛剧则呕吐，初诊时抱头而来，当即在其太阳穴点刺出血，即时头痛立刻轻减，之后未再来诊，电话告知已痊愈，并介绍头痛病友多位前来治疗。
6. Mr. Yang was a 36 year old man who was unable to open his mouth because of overindulgence in eating bettle nuts. He had white spots in the mouth and would have sharp pain if he ate pungent food. He was diagnosed with buccal carcinoma at a major hospital. He invited me to come to Taiwan to treat him. I pricked *TaiYang* and *ChiZe* (LU 5), and the patient could immediately open his mouth. After that, bloodletting was performed once a week for three months. The white spots turned red, he was able to open his mouth freely and could eat foods of all flavors. He has been cured for four years now and everything is OK. 杨x，36岁，因嗜食槟榔，致口不能张，仅能容一指，口腔白斑，辛辣点滴不能沾，沾之则痛剧，经林口某大医院诊为口腔癌。特邀余自美返台治疗，在太阳、尺泽点刺后即能张口吞下水饺（张口三指有余），之后每周点刺一次，前后3个月（余返台1月，该病患来美2月）白斑转红，张口如常人，五味不忌，一切正常，今已4年，一切安好。
7. Mr. Han was 35 year old and had asthma for three years with attacks in the winter. He was treated by pricking *FeiShu* (BL 13), *GaoHuang* (BL 43), *DaZhui* (Du 14) and *ChiZe* (LU 5) and needling *ShuiJin* (1010.20) and *YuJi* (LU 10); his symptoms were immediately relieved. The same treatment was repeated three times, once a week, and he did not have any more attacks. 韩XX，35岁。气喘3年，逢冬易发，来诊时正逢发作，在其背部肺俞、膏肓、大椎及尺泽点刺，并针水金、鱼际，立刻轻松，每周1次，仅如此治疗3次，竟3年未发，并于世界日报（美洲一大华文报纸）登铭谢启事。

My Experience 体会

1. Bloodletting is commonly referred to as "pricking" 刺络俗名放血，但现在一般人多有称之“点刺”者
2. In treating chronic rheumatism, bloodletting therapy can prevent recurrence, which often occurs in patients treated only with acupuncture. 依据个人多年经验，久年风湿疼痛，虽经毫针治疗，但常有复发者，唯经施以刺络辅助，则未见复发者。
3. According to *Neijing*, the principle of bloodletting therapy is that blood should be released in order to treat chronic diseases. In my opinion, in chronic diseases always present with hyperactivity of the pathogenic factors and blood stasis, which caused obstruction of the blood vessel. While acupuncture relieves the diseases, recurrences are likely to occur due to an incomplete resolution of the condition. Therefore, bloodletting is necessary, just as the ancient people said, "To treat wind one must treat blood, and free flow of blood leads to subsidence of wind." 刺络之治病原理，据《内经》谓：“久宛则除之”。即指久年老病必须放血去除，个人以为，病久则邪气盛，血脉不得通，乃宛陈于该处，平常血行尚能通过，则不觉痛楚，天阴作雨，气压改变，脉道益狭，气血通过困难，虽经毫针通气，唯病久邪深，血不得行，则针去病仍存在，纵然得以治愈，时间拖累甚多，却有复发可能，因此放血实为必要，血去则痛止，此亦即古人所言：“治风宜治血，血行风自灭”。
4. While contra lateral needling method is effective in filiform needle treatment, ipsilateral bloodletting will achieve better effect. 据经验，以毫针针刺，采用巨刺疗效较佳，但放血则以同侧效果为佳

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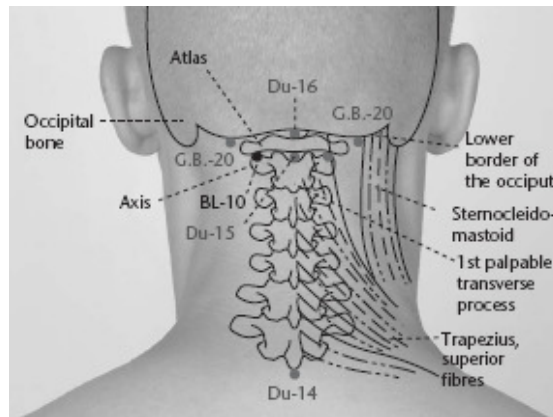
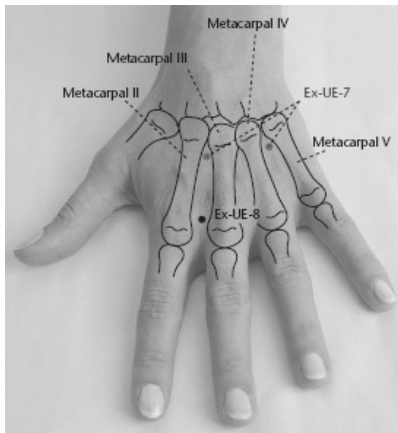
5. Bloodletting therapy is more effective if distal points are chosen. This conforms to the old saying of "pricking distal points: the foot is pricked to treat diseases of the head." Similarly, diseases of the lower part of the body is treated by pricking the upper part of the body, e.g. to treat diseases of the lower limbs, the back is pricked. 据经验，放血仍以远处施针，作用较大。此甚合“泻络远针，头有病而脚上针”的古义，同理下有病而上面针，所以治疗下肢病痛，我们常在背上施针
6. For bloodletting techniques, one can refer to "Application of Three-edged Needle" in the first volume of *ZhenJiuJingWei* (The Strategy of Acupuncture). 放血手法可参看拙著《针灸经纬》上篇手法篇”三棱针之运用”

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Appendix 2

A Collection of Application of Tung's Extraordinary Points

Treatment of Stiff Neck and Chronic Lumbago with ChongZi (22.01) 重子穴治疗落枕及久年背痛经验



Stiff neck is a common disease and a number of points can be used to treat this disease effectively, such as *XuanZhong* (GB 39), *LuoZhen* (Extra UE-8), *HouXi* (SI 3) and *TianZhu* (BL 10). I have used *HouXi* and *ShuGu* (BL 65) to treat the disease. It is stated in *LingShuZaBingPian* that "in treating stiff neck, use points from the Hand-*TaiYang* channel for those unable to turn to the

left and right, use the points from the Foot-*TaiYang* Channel for those unable to turn forward and backward." Therefore, in the former case, *HouXi* from the small intestine channel of hand-*TaiYang* is used; in the latter case, *ShuGu* from the bladder channel of foot-*TaiYang* is used, both with speedy effect. Both points can be used if both conditions are present. 落枕为临床常见病症，一般治疗此症之效穴甚多，常用者有 1. 悬钟，2. 落枕穴，3. 后溪，4. 风池、天柱等穴。个人尝以后溪、束骨两穴治疗颈项强痛，并以之治疗落枕，自谓为十四经穴之最特效者，盖《灵枢◎杂病篇》云：“项强不能（回）顾取手太阳，不能俯仰，取足太阳”，临床遇有颈项强硬，不能左右转动之症状，取手太阳小肠经俞穴后溪。不能前后抬抑，则取足太阳膀胱经俞穴束骨，均有立竿见影之效，遇有颈项前后左右转动均不利时，则束骨与后溪配合，疗效更佳。

In addition, *ZhengJin* (77.01) can also be used to treat stiff neck, which I have often used with great effect. [For more information about the application of *ZhengJin* and *ZhengZong*, please refer to my book *TungZhiQiXueJianZuo* (Lectures on Tung's Acupuncture: Point Study)] 此外董氏奇穴正筋正宗治疗“颈项筋痛及扭转不灵”，个人亦常以此穴治疗落枕亦甚效。

However, according to other medical books [*YuLongGeFu* (Song and Ode of the Jade Dragon), *TongXuanZhiYaoFu* (Ode of the Essentials of Understanding), *WoYanLingXiaoYingXueGe* (Song of Effective Points of *WoYangLing*), etc.], *ChengJiang* (Ren 24) is the best point for stiff neck. Therefore this point can always be used for any kinds of stiff neck. 然据多数古籍所载（玉龙歌赋，通玄指要赋、卧岩凌效应穴歌）承浆为治疗项强最常用穴位，因此不论何种落枕，加承浆配用效果更佳。

Stiff neck sometimes also affects the shoulders and upper arms and points other than the hand and foot-*TaiYang* can also be used. *ChongZi* is a good point, which I have used together with *ChengJiang* for stiff neck in the past ten years. In most cases, the disease is cured after only one treatment.

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在多年临床中体验，落枕之际，非只颈项强硬，甚而连及肩背上臂极为酸痛，非仅限于手足太阳经之范围而已，经上述针疗后，虽能迅速解除大部份痛苦，但总仍有些不适感，经加针重子穴，则可完全消失。因此本人近十余年来皆以重子穴配承浆穴，治疗落枕，绝大多数病例 1 次而愈。

(1990 年第 1 期海峡中医)

Treatment of Polyuria and Frozen Shoulder with ShenGuan (77.18) 肾关穴治疗多尿及五十肩特效经验简介

ShenGuan (77.18) is an important point on the leg, 1.5 inches directly below *YinLingQuan*. This is the first choice of Master Tung in treating kidney deficiency and diseases caused by kidney deficiency. 肾关穴为董氏奇穴七七（小腿）部位要穴，位置在阴陵泉穴直下一寸五分处。为董师景昌治疗肾亏之第一要穴，举凡肾虚引起之各种病痛皆有疗效

I have often used this point to treat frozen shoulder with good effect. According to statistics based on over 100 cases, its effect is even better than the method of puncturing *TiaoKou* (ST 38) towards *ChengShan* (BL 57) or the method of using local points. For chronic and severe cases, this point can be used together with *ChiZe*. For those with difficulty raising the arms and turning the arms backward, *ZuWuJin* (77.25) (healthy side) can be used with prompt effect. For chronic cases with congealed shoulders, bloodletting at the cubital fossa should be given. 个人最常应用此穴治疗肩臂不举（五十肩）尤为特效。疗效之佳，经多年百余例统计及临床实践，较条口透承山或肩关节附近局部穴位效果既迅速又确实。一般病例 若发病较久，病况严重者，可泻尺泽穴作为辅助，效果尤佳。若除上举困难外，尚有后转困难者亦可加取足五金（健侧）可立见显效。但病久肩部凝硬过度者，则必需辅以肘弯棱针点刺出血

I have used this point to cure over ten cases of night polyuria, especially senile patients with kidney deficiency, with marked effect. The effect is even more satisfactory for young people. This point is also effective for day polyuria. No points from the fourteen regular channels are comparable to this point. 以此穴治愈数 10 例夜间多尿，尤其年老肾亏者亦见卓效，年青人见效更快。治疗白昼多尿效果亦佳，验诸临床多年，亦非十四经之任何穴位所能比拟

In addition, this point can also be used to treat numbness and pain of the ten fingers very effectively. It is also an important point for eye diseases such as spotted vision and strabismus, often used in combination with *FuLiu*. It is also a common point for hemiplegia. The point is always punctured bilaterally. 另外治疗双手十指发麻及十指疼痛，亦极特效。治疗眼科尤为要穴，常配复溜并用，最常用于治疗飞蚊证及眼球歪斜。此外治疗半身不遂亦为常用，均针双侧

In short, this point is quite effective with a wide range of application. Besides what is mentioned above, all the diseases caused by kidney deficiency can be treated with this point. 总之本穴效果极佳，治疗范围极为广泛，除上述作用外，凡肾亏引起之各病，均可以本穴针刺治疗之

(1990 年第 1 期海峡中医)

Treatment of Chapped Palm (Hand Skin Diseases and Common Cold with Watery Nasal Discharge) with Mu (11.17) 董氏奇穴“木穴”治疗富贵手（手掌及感冒流涕）特效经验简介

Mu (11.17) is a very important point on the palm, at the middle of the line between the midline of the first knuckle of the index finger and the junction between the black and white flesh at the medial aspect of the index

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finger. It is in fact two points lying at the upper and lower one third between the two finger creases. “木穴”为董氏奇穴在手掌上之超级穴位，位于阴掌食指第一节中央线与食指内侧黑白肉际线之连线中央，两指纹之间上 1/3 及下 1/3 处各一穴。

Originally, Master Tung used this point to treat hyperactivity of liver fire and spleen *Qi* dryness, thus the name "*Mu*" (Chinese meaning: Wood). I often use this point to treat dry eyes, dacryorrhea and palmar polydypsia, and find that it is a better point than points from the fourteen regular channels. 本穴董师原用于治肝火旺脾气燥，故名木穴，个人常用于治疗眼睛发干、眼易流泪、手汗等皆有疗效，其效果绝不逊于十四经穴。

I have also used the point to treat hardening of the hand skin and hand skin diseases, especially chapped palm with especially good effect. The diseases are usually cured after three or four, or even one or two, sessions of treatment.

Mu is also effective for watery or thick nasal discharge, especially when it is caused by common cold. 个人用治手皮发硬，手皮肤病，尤其是手掌皱裂（富贵手）尤具特效，尝治数十例富贵手，平均 3 至 4 次即愈。（甚至有一二次即愈者。木穴治疗鼻涕多，不论清涕浓涕皆有效，尤其感冒流涕可止于顷刻

To treat the hand skin diseases, use the point on the diseased side; to treat nasal discharge, use the point on the healthy side. 治疗手皮肤病及富贵手以患侧为主，治疗鼻涕则以健侧为主

This point can clear away liver fire, and the effect is even better if it is used in combination with *LongDanXieGanTang* (Decoction of Radix Gentianae for Purging Liver Fire). 本穴能清泄肝火，与龙胆泻肝汤结合应用，尤妙

(1990 年海峡中医第 1 期)

Treatment of Infertility with FuKe (11.24) 董氏奇穴“妇科”治不孕症

There have been more and more cases of infertility in recent years, which, according to Chinese medicine, can be divided into different types: kidney deficiency, blood deficiency (or *Qi* and blood deficiency), liver depression, blood stasis and phlegm dampness. Both Chinese drugs and acupuncture can treat this disease effectively. Doctors normally treat the disease according to the main disease and the accompanying symptoms, such as obstruction of the oviduct, or retroversion of left flexion of the uterus. 不孕证近年来有逐渐升高之趋势，中医辨证分型大致分为肾虚、血虚（或气血亏虚）、肝郁、血瘀、痰湿等几型，以中药及针灸治疗，疗效均不差，除分型论治外，亦有人就主病或兼症另外立方或立穴治疗，例如输卵管阻塞、子宫后倾或左屈等

I have treated infertility for many years using acupuncture with good effect. I especially want to recommend *FuKe* (11.24), used as a main point in combination with *HuanChao* (11.06). In the past ten years I have successfully treated nearly one hundred female fertility patients; the effect is better than points from the fourteen regular channels. Treatment can be given every other day, with the two points used alternately. 个人治不孕症多年，在辨证分型基础下辅以针灸治疗，疗效颇佳。尤值称道及推介同仁者，则为以妇科穴为主，还巢穴为辅之专穴治疗，十年来治愈近百位不孕妇女，使之怀孕，疗效较十四经穴为佳。针刺可隔日为之。妇科穴及还巢穴可左右交替运用。但据经验，年龄越轻，治疗时间愈早者疗效愈好

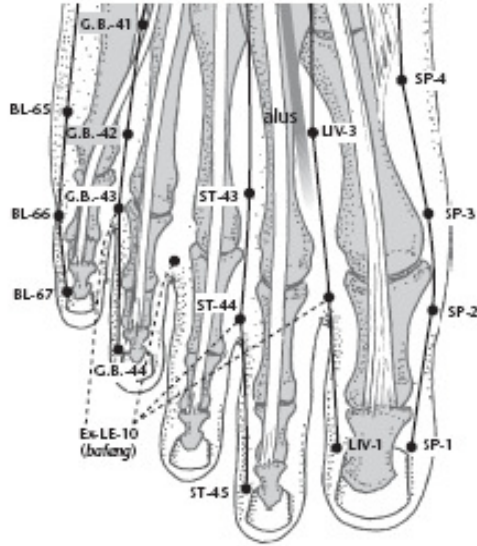
According to my experience, the younger the patient and the earlier the treatment, the better the effect. I have read over one hundred articles and papers about the treatment of infertility, and 80% of the patients in the case

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reports are under 35 years old. It is strange that 80% of the patients that I have treated are over 35 years old. 有关不孕之中医论文，余参阅不下数百篇，其所列之验案，百分之八十在 35 岁以下。余所遭遇之病例则百分之八十在 35 岁以上，怪哉。

(1990 年海峡中医第 1 期)

WuHu (11.27) - an important point for pain of the fingers and toes 指趾疼痛要穴——五虎穴



Acupuncturists commonly treat pains of the fingers and toes with *SiFeng* (Extra 25) in the transverse creases between the fingers and *BaFeng* (Extra 40) in the transverse creases between the toes respectively. Although multiple points are used, the effect is not satisfactory. I have used *WuHuYi*, one of the five points of *WuHu*, to treat finger pain and *WuHuSan*, also one of the five points in *WuHu*, to treat toe pain with speedy effect. 常见一般针灸医生治疗手指疼痛，喜于十指缝中之八缝穴针刺，治疗脚趾疼痛则于十趾缝中之八风穴针刺。不但用针多，且效果亦未必显彰。笔者以董氏奇穴五虎穴中之五虎一治手指痛，五虎三治脚趾痛，非只用针少，且有立竿见影之效，值得广为介绍，大力推广。

WuHu was discovered by Master Tung, the indication of the point was said to be "only general bone swelling", according to *TungShiZhenJiuZhengJingQiXueXue* (Tung's Acupuncturology on Regular Channels and Extraordinary Points). In the clinical practice, I

have made several discoveries. Besides pain of the fingers and toes, this point can also be used to treat pain of the dorsal part of the foot and the heel, and peritendinitis. I have treated several hundred patients, from players of national teams to those who were treated with other methods in vain, and the results have always been satisfactory.

WuHu is at the junction between the dorsal and palmar flesh on the first interphalangeal joint of the thumb; it is on the Lung channel of hand-*TaiYin*. There are altogether five points from the tip of the first metacarpus to the interphalangeal transverse crease, each point about one sixth of the whole length apart. Starting from the finger tip, the five points are *WuHuYi*, *WuHuEr*, *WuHuSan*, *WuHuSi* and *WuHuWu*. 五虎穴为董师景昌所发现，以“董氏正经奇穴学”中记载主治仅“治全身骨肿”一项，个人随董师学习多年，见老师常灵活用治手指、脚趾疼痛效果极佳。笔者临床中亦有颇多发现，除用治手指脚趾疼痛外，并广泛用治脚背痛、脚跟痛、腱鞘炎等。病例达数百之多，其中不乏国手国脚等运动员，更不乏在多处辗转治疗无效者，均能收立刻效果，且迅速痊愈。五虎穴位于大指第一节手太阴肺经之黑白肉际上，自第一掌骨至指间横纹共五穴，取穴采六分点法，即每 1/6 一穴。自指尖向手掌，依序为五虎一、五虎二、五虎三、五虎四、五虎五。

WuHuYi is often used to treat finger and palm pain and peritendinitis; *WuHuSan* is used for toe pain; *WuHuEr* is used to enhance the effect of *WuHuYi* and *WuHuSan*; *WuHuSi* is used to treat pain of the dorsal part of the foot and *WuHuWu* is used for heel pain. 五虎一常用于治疗手指痛、手掌痛及腱鞘炎；五虎三用于治疗脚趾痛；五虎二则用于加强五虎一或五虎三之作用。五虎四用于脚背痛，五虎五用于治疗脚跟痛。

A case report: Mr. Chen, a player of the national basketball team, had had injury of the first and second toes of the left foot and could not move about freely. I punctured *WuHuSan* and asked him to move the injured toes, and he felt much better 2 or 3 minutes later. The needle was retained for 30 minutes and he didn't feel any pain.

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The disease was cured in just one treatment. 病例：陈 XX，篮球国手，左脚大趾二趾踢伤一周，行动不便，在它处治疗无效，经人推介前来诊治。当即于其右五虎三针刺一针，针后嘱其活动左脚脚趾，二三分钟后即觉轻松甚多。留针 30 分钟起针，已觉不痛，1 次而愈

(1990 年海峡中医第 3 期)

LingGu (22.05) and DaBai (22.04) - Important points for warming Yang and reinforcing Qi 温阳补气要穴——灵骨、大白穴

LingGu and *DaBai* are main points for the palm, which are often used by Master Tung and are among the more common points I tend to use. *LingGu* is between the dorsal part of the thumb and the furcula of the index finger, at the junction of the first and second metacarpal bones. *DaBai* is just *SanJian* of the large intestine channel and is seldom used alone, but is inserted together with *LingGu* as *DaoMa* needle technique to achieve the best results. It is used alone only in bloodletting for children's asthma, high fever and acute pneumonia. 灵骨、大白为董氏奇穴二二部位（手掌部位）之要穴，为董氏常用要穴，亦为本人最常用穴位之一。灵骨位于手背拇指与食指叉骨间，第一掌骨与第二掌骨接合处。大白穴即大肠经之三间穴，很少单独应用，除用三棱针治疗小儿气喘、发高烧及急性肺炎外，大多作为灵骨之倒马针（倒马针即指同经邻近两穴一起下针之意，有加强数倍效果之作用。），两穴配合应用效果极佳

According to *TungShiZhenJiuZhengJingQiXueXue*, the indications of *LingGu* include "sciatica due to pulmonary incompetence, lumbago, foot pain, facial paralysis, hemiplegia, skeleton distention, irregular menstruation, amenorrhea, difficult labor, backache, tinnitus, deafness, migraine, dysmenorrhea, intestinal pain and dizziness." 灵骨穴之应用，董师（董氏针灸正经奇穴学）原述主治坐骨神经痛、腰痛、脚痛、半面神经麻痹、半身不遂、骨骼胀大、妇女经脉不调、经闭、难产、背痛、耳鸣、耳聋、偏头痛、经痛、肠痛、头昏脑胀

Pulmonary incompetence refers to "*Qi* deficiency." These two points have extremely strong effect of reinforcing *Qi* and can be used to treat any conditions due to *Qi* deficiency, the effect of which is by no means inferior to *ZuSanLi* (ST 36), *QiHai* (Ren 6) and *TanZhong* (Ren 17). The points are also very effective in warming *Yang*. I have often used the bilateral *LingGu* alone to treat spinal pain, dysuria and polyuria, and *ShenGuan* can also be used with better effect. The points are also effective for elbow pain (⊥), groin pain (<), heel pain (<) and dizziness (II). (Remarks: ⊥ means the diseased side or the same side; < means healthy side or opposite side; II means both sides. I created these signs twenty years ago and have found them to be very convenient. 所谓肺机能不足即指“气虚”，本穴组补气作用极强，举凡“气虚”之病皆能治之。效果绝不逊于足三里、气海、膻中等穴。除补气外本穴组温阳作用亦极强。临床 个人常以灵骨穴单用治脊骨痛、小便痛、小便次数过多（均取双侧），配肾关效更佳。治肘痛、鼠蹊痛、脚跟痛、头晕等症亦有特效

LingGu and *DaBai* can be used to treat hemiplegia. According to my experience of over twenty years in treating over one hundred cases, the therapeutic effect is better than the points of the fourteen regular channels, such as *QuChi*, *YangLingQuan*, *JianYu*, *HuanTiao*, *XuanZhong*, etc. In using these two points, the healthy side is often punctured, and they are especially effective for pains of the leg along the *YangMing* and *TaiYang* channels. 灵骨、大白两穴合用治半身不遂，据个人二十多年、数百例之临床经验统计，疗效之佳，十四经穴（如曲池、阳陵、肩髃、环跳、悬钟等）无出其右者（取健侧穴位为主），两穴合用治阳明太阴走向之大腿小腿疼痛亦有卓效（亦均采健侧穴）

Deep insertion of both points are necessary, and the farther away the diseased area, the more deeply the needle should be inserted. When both points are used, *LingGu* is punctured first and then *DaBai*. 针治上述各病，不论灵骨、大白，皆应深针，治疗部位愈远（例如脚跟），深度应愈深。两穴合用，则先针灵骨，再针大白

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DaBai coincides with *SanJian* of the large intestine channel. *LingGu* is anterior to the furcula posterior to *HeGu*. Holographically, the former controls the upper energizer and the latter, the lower energizer. Also since deep insertion is used, the effect of the points covers the three energizers (*SanJiao*), thus their strong effect. 大白穴位置与三间相符，系大肠经俞穴。灵骨穴在合谷后又骨前，两穴合用涵盖俞原所经之处，又以全息律而论大白主上焦，灵骨主下焦。又大白灵骨皆以深针为主，又深透上中下三焦，因此不论纵横，此二针皆涵盖三焦之用，其效果之大，自是可知

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XiaoJie (A.05) - An important point for ankle pain 治踝痛要穴——小节

Ankle sprain and pain is a common disease and acupuncture is effective for it. Generally, treatment is given by puncturing *XuanZhong* (GB 39) and *KunLun* (BL 60) for external malleolus and *XuanZhong* (GB 39) and *TaiXi* (KI 3) for internal malleolus. Alternatively, local points can be chosen. In recent years, people also use the extraordinary point *Huai* (Ankle). 脚踝扭伤及疼痛为临床常见病，针灸治疗本病颇有效果。一般治法。不论内踝外踝扭伤或疼痛，先取悬钟，外踝加昆仑，内踝加太溪。或径以疼痛局部取穴，近年来也有取奇穴踝点的。

In the past twenty years, I have used *XiaoJie* to treat ankle sprain and pain with extremely good effect, much better than the methods mentioned above, based on statistics of over 300 cases. 笔者二十余年来以小节穴治疗脚踝扭伤及疼痛，疗效极为突出，经三百余例之临床统计比较，较诸前述几种取穴法，疗效显然高出甚多

XiaoJie is on the junction of black and white flesh by the metacarpal bone of the basic joint of the thumb (on the lung channel of hand-*TaiYin*). The insertion of the needle is made when the patient's hand forms a fist, and the needle should be inserted toward *ChongXian* (22.02), about 1.5 inches deep. The healthy side is punctured. After the needle sensation is felt, the doctor should rotate the needle while asking the patient to move the ankle, and the pain is instantly relieved. The needle is normally retained for 30 minutes, or 45 minutes or longer for chronic and severe diseases. Local redness and swelling can be treated by pricking *WeiZhong* on the affected side to eliminate swelling. 小节穴位于大指本节掌骨旁（手太阴肺经）黑白肉际上，握拳取穴。针尖向重仙方向进针，针深一寸半，左病取右，右病取左，即健侧进针。进针得气后，一面捻针，一面令患者活动患侧脚踝，可立即减轻疼痛，一般病例留针 30 分，久病重病患者可留针 45 分钟或更久。如脚踝局部红肿，可于患肢委中穴点刺出血，可帮助加速消肿。

A case report: Mr. Wen, a player of the national tennis team, came to visit me in October, 1985. He had had left ankle sprain for three days and had received massage treatment twice with no satisfactory effect. I punctured *XiaoJie* on the right side and rotate the needle every ten minutes. After fifteen minutes the pain was greatly relieved, and the needle was retained for 30 minutes. He didn't feel any pain after that but came again the next afternoon asking for consolidation treatment. He then went to attend a match for two hours without feeling any discomfort. 温秀 x，网球国手，1985 年 10 月来诊，当时左脚踝扭伤 3 天，行动极不便，已在国术馆推拿治疗 2 次，效果不大。经人推介来诊。当即于右小节穴针刺，针后每 10 分钟捻针一次，并嘱其走动活动脚踝，针后 15 分钟即觉轻松甚多，接近不痛，留针 30 分钟，出针时已觉无恙。次日下午为求巩固疗效，自行再来针 1 次。针后即赶往台北体专参加比赛，轻松赛完全场 2 小时毫无不适。余应邀观赛亦有荣焉。

Remarks: This point was discovered by Dr. Wei-Chieh Young based on Master Tung's correspondence needling method. 此为本人依据董氏对应针法所发现之穴位

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Appendix 3

Guiding Needling Technique

(*QianYin* Needling Technique)

Guiding needle technique was created by me in 1972. It was published in my book *ZhenJiuJingWei* (Longitude and Latitude of Acupuncture and Moxibustion) which has been printed 20 editions. Now I have revised it to introduce it to the practitioner for clinical practice.

I developed the Guiding Needling Technique, based upon my study of the Active *Qi* Technique (*DongQi* Needling technique). The Guiding Needling Technique is highly effective in treating syndromes involving pain, numbness, and itching. The technique both disperses and balances. Using this technique, I select distal points on the opposite side and the same side to create an effective therapeutic loop or circuitry. Typically, the points in the loop are designed to pass from one side to the other through the site of the pain. When the channel thereby becomes unblocked, the pain vanishes. I have found the Guiding Needling Technique to be much more effective than the Active *Qi* technique.

The specific method for performing the Guiding Needling Techniques follows:

1. Select a distal point on the healthy side as a therapeutic point.
2. Select a distal point on the diseased side as a guiding point.
3. Manipulate these two points at the same time to create a therapeutic circuit.
4. Ask the patient to move or massage the site of the pain. With slight manipulation of the needles, the pain should immediately remit. For many patients, the pain goes away immediately, with the insertion of needles and there is no need to manipulate them. This phenomenon occurs because these two points form a therapeutic circuit and mutually guide the energy between each other.
5. Once the patient's pain is resolved, we need to consider the underlying pathology in deciding whether to take out or retain the needles. If we retain the needles, it is important to manipulate the needles at regular intervals to continue to circulate the energy.

The application of this needling technique is simple and highly effective. For example, with left elbow pain, we can needle *FengShi* on the right side and *HeGu* on the left side to immediately stop the elbow pain. In this case, *HeGu* is the guiding point. In the example of right-sided shoulder pain, we can needle *FengLong* on the left side to treat the pain and *ZhongZhu* (SJ 3) as a guiding point on the right side to immediately resolve the shoulder pain. Similarly, left knee pain can be treated with *NeiGuan* on the right side as a treatment point and *TaiChong* on the left side as a guiding point.

In general, one should use *Ying*-spring or *Shu*-stream point on the diseased side to guide and disperse, which is called *Ying-Shu* treating the external channel, especially for pain syndromes. In the majority of cases, we use the *Shu*-stream point because it treats heaviness of the body and joint pain. For example, if someone has shoulder pain on the *YangMing* channel, we would choose a distal point on the opposite side to treat the pain. On the diseased side, we would use *SanJian* (LI 3), the *Shu*-stream point, as the guiding point. In another example, if someone has lateral shoulder pain on the *ShaoYang* channel, we would use *ZhongZhu* on the same side as the guiding point; and if someone has posterior shoulder pain on the *TaiYang* channel, we would use *HouXi* on the same side as the guiding point.

In summary, we choose the *Shu*-stream point on the diseased side as the guiding point and a distal point on the healthy side as the treatment point. The *NeiJing* stated that we should treat illness on the upper body with lower body points. Please note that distal points are used to disperse. If the problem is on the left side, we select points on the right side to balance as points on the opposite side are for balancing. When a patient has bilateral pain, for example pain in both knees, we can needle *NeiGuan* on both sides first, followed by *TaiChong*. We manipulate

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NeiGuan on the left side and ask the patient to move her left knee. Then we manipulate *NeiGuan* on the right side and ask the patient to move her right knee. This sequence of points affects both sides mutually.

Sometimes it is not necessary to needle a distal point on an extremity as a guiding point. For example, if a patient suffers from facial disease, we can use *YingXiang* as a guiding point because it is an exit point of the large intestine and the beginning point of the stomach primary meridians. The large intestine and stomach meridians circulate through the whole face. Therefore, in cases such as acne or rhinitis, *YingXiang* can be used as a guiding and treatment point very effectively.

The application of Guiding needling technique uses one needle on the upper part of the body and one on the lower part to formulate a circuit. Because of this resulting circulation in both the upper and lower parts of the body, the effect of treatment is much strong. Using one point on the healthy side and another on the diseased side can create a loop that crosses from side. In this manner, both the guiding and treatment points have treatment effects, doubling the effectiveness of the treatment.

Guiding Needling Technique can also be combined with the Couple Needling Technique (*DaoMa* Needling Technique) with excellent results. For example, for left-sided sciatica pain, one can needle *LingGu* and *DaBai* on the right side, followed by the left *KunLun*. Here we sue *LingGu* and *DaBai* with the Couple Needling Technique with *KunLun* to create a therapeutic loop.

Conclusion

Here I have discussed three needling techniques, but there are many more. These are only the ones I personally use most often. They are very effective. One major advantage is that they can be used when we many not be able to distinguish between excess and deficiency syndromes. They are especially useful for acupuncturist not familiar with tonification and sedation techniques.

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Appendix 4

Tung's Extraordinary Points: academic and clinical discussions

In recent years there has been increasing interest and inquiry into the various aspects of Tung's extraordinary points, which is a very good phenomenon. However as a result of this popularity, individuals who have studied on their own without guidance are beginning to teach the work. Further there are several strange books spreading into the stores. For these reasons, we need to support new learners in getting correct information, rather than exposing them to a body of knowledge built solely from reading and conjecture. This will empower new learners to provide proper treatment and to realize the true manifestation of Tung's points. Through direct transmission we can support the strength and integrity of Tung's lineage. Currently, several fellow apprentices and students have collectively discussed the various academic and clinical virtues of Tung's work. After reorganization, the related contents will be published in this website with more research and discussion to follow.

Question 1 : In acupuncture, when to select points on the affected side, and when to select only the point on the opposite side of the body is more appropriate?

This question may be answered with the following descriptions.

1. Treating pains: In general, in treating the pain syndromes, needling the opposite side of the body is more appropriate. The reason is because the nerves cross to the opposite side of the body. This matches the so-called "cross channel needling is called *MiaoCi*, which means to needle the right side of the body when the disease is located in the left side". (*Ode of Elucidate Mysteries*).
2. Treating functional disorders: Either the opposite or the same (affected) side of points may be selected, though sometimes the affected side is more effective. For example, needling the opposite side point to treat the frozen shoulder is effective, but sometimes needling the affected side is more effective. However, if the disorder is with pain, then selecting the opposite side point is better. Or in this case, points on both sides may be selected. Treating tinnitus, needling *FengShi* (GB31) is very effective; however, needling the *FengShi* (GB31) on the affected side is even better. Treating Bell's palsy (facial nerve paralysis), when the face slants toward to the right side, which indicates the disease (paralysis) is located on the left side, the left side (affected side) points should be selected.
3. Blood-letting: Because the blood vessels flow circularly without crossing to the other side, blood-letting in general is performed at the affected side of the body. Although some points such as Jing-well points are selected on the opposite side as that in *MiaoCi*, those cases are somehow treating pains as well.
4. Supplementing or reducing technique: in some cases, selecting the affected side is more appropriate.
5. Moxibustion: Moxibustion is usually on the local and affected side. For example moxa on the Yangchi (SJ4) (affected side) to treat uterus leaning to one side and hernia.

The above are the general guidelines. The clinical applications should be flexible and change accordingly.

Question 2: Some people commented that when using Tung's extraordinary points, only one disease can be treated at a time. Is it so?

Answer: No, it is not like that. This statement truly underrates the treatment scope of the Tung's acupuncture. Back to those old days when I followed Master Tung in the clinic, I remember most patients came to see him for various types of difficult, complicated and miscellaneous diseases. Master Tung treated several

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diseases of a patient at one time. In my clinical practice, most patients came to see me for difficult, complicated and miscellaneous diseases too. I also treat several diseases of a patient in the same treatment. It is not true that only one disease can be treated in the same treatment when using Tung's acupuncture. Since the indications listed in Master Tung's original book were very simple, if a person copies the applications mechanically without elucidation, he will feel that way. If that statement was true, then what about points of the fourteen channels? Are they also treating one disease at a time? If a patient suffers from several diseases at a time and only one disease is addressed at a time, then how long is it going to take to treat him?

There are a few principles that need users' attention when treating several diseases with single point. First is Master Tung's "*Dong Qi* (activating *qi*)" needling technique. Some acupuncturists may not know or do not apply *Dong Qi* needling technique to the treatments. Many points are able to treat multiple diseases, for example *XinMen* (33.12) (heart gate) treats coccyx pain and knee pain. If the patient only has the coccyx pain, when treated by *XinMen* point without *Dong Qi* needling technique, since only one disease attracts the energy of the needling point, it will still work; although if combining with *Dong Qi* needling technique, the result will be better. However, if the patient has several diseases, the energy of the single needling point *XinMen* will be attracted and distributed among the several diseases and can not concentrate in treating certain disease. If the *Dong Qi* needling technique is applied, by activating the affected site to attract the energy of the point, then the effect will be more concentrated. Several diseases can be addressed at the same time. Take *XinMen* as the example again, if the patient has coccyx and knee pains at the same time, he can exercise his lower back first and then his knee or vice versa while the acupuncturist twirls the needle. In this case, both diseases can be treated properly.

Another principle for single point treating multiple diseases is "focused disease, focused treatment." If the disease is concentrated in one organ or one site, then the treatment is specialized in it. To treat multiple or miscellaneous diseases, the primary symptoms/patterns are addressed in the first priority and secondary symptoms/patterns are treated concurrently. This is achieved by mastering the "disease mechanism". If the disease mechanism is the same while the symptoms are numerous and complicated, only single or a small set of points are sufficient to treat multiple diseases. Details for "*Yi Bing Tong Zhi* (different diseases treated by the same treatment methods) have been described in previous discussion questions. Here I would not waste any more space for that.

Question 3: Some said that LingGu (22.05) point is the number one major point in Tung's acupuncture. What do you think?

Answer: Debating over which point is the very first or most primary point in Tung's acupuncture has no practical meanings. It is not meaningful either to debate over either ST36 or PC6 is the number one point in the fourteen channels. "*LingGu* (22.05) is the most primary point in Tung's acupuncture" was *Lai Jin-Xiong's* (the senior fellow apprentice) personal comments. After Master *Tung* successfully treated Cambodian President *Long Nuo* who suffered from the hemiplegia due to stroke, he passed the treatment records to his disciples. Among the treatment records, the *Linggu* point was used 11 times, the highest frequency than other points (9 of them were *DaoMa* with *DaBai* point). The second rank was *ZhongJiaoLi* (88.25) *DaoMa* which was used for 10 times. *ShenGuan* (77.18) and *XiaSanHuang* (lower three emperors) were used 9 times. From this record, *LingGu* was used most often. However, in the Master *Tung's* original book, the indications of *SiMaShang*, *SiMaZhong*, and *SiMaXia* (88.17, 88.18, 88.19) points are up to 19 items which is more than that of *LingGu* point. Then could it be said that *Sima* points are the primary points because they have the most indications?

We certainly can not make that statement by one single disease (for example hemiplegia due to stroke), nor the number of the indications listed in the book. The statistics shall come from the Master Tung's clinical cases. I have compiled the statistics from 500 clinical cases by Master Tung.

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- *Shenguan* (single point) in 38 cases for 32 diseases; *Shenguan* combining with other point/s (in general *Daoma* with *Xiasanhuang*) in 16 cases (for 14 diseases). *Shenguan* was used in 54 cases in total.
- *Linggu* (single point) in 14 cases (for 10 diseases); *Daoma* of *Linggu* and *Dabai* was in 21 cases (for 17 diseases). *Linggu* was used in 35 cases in total
- *Zhongjiaoli* (single point) in 12 cases (for 9 diseases). *Daoma* of *Zhongjiaoli* and *Xiajioli* (88.27) in 23 cases (for 20 diseases). *Zhongjiaoli* was used in 35 cases in total.

The statistics showed that *Linggu*, *Zhongjiaoli*, and *Shenguan* are the three primary points. And *Shenguan* is the number one major point. *Zhongjiaoli* and *Xiajioli* *Daom* is the number one point pair. *Linggu* is neither the number one major single point nor the pair point from the statistics. But *Linggu* is definitely one of the three major points and it is very important point.

Question 4: Why Linggu (22.05) is able to tonify qi and warm yang?

Answer:

1. *Linggu* (22.05) and *Dabai* (22.04) are the primary points in regulating and tonifying qi: *Dabai* communicates with the lung and corresponds to the metal. It is located on the large intestine channel which also belongs to the metal. *Linggu* is located attached to the bone that communicates with the kidney. It treats both metal and water and have strong function in regulating qi. There is a saying that tonifying the qi to the extreme will tonify the yang. *Bu Yang Huan Wu Tang* (*Great Yang Restoration Pills*) is an example. The formula does not contain any warming and tonifying yang fire herbs such as *Fu Zi* and *Gui Zhi*, but when the tonifying qi herb *Huang Qi* is used up to four *liang* (about 120g), the formula is able to tonify yang. *Linggu* and *Dabai* sandwich *Hegu* (LI4) point, the *Yuan*-primary point and is located where the flesh is plenty. The location of the *Hegu* (LI4) has the thick flesh which corresponds to earth (spleen) and hence also has strong earth attribute. That makes the combination of *Linggu* and *Dabai* points able to regulate earth, metal, and water. Points that treat earth, metal, and water simultaneously are most capable of tonifying qi. *Linggu* and *Dabai* points tonify qi and also warm yang.
2. *Linggu* and *Dabai* are essential points in warming yang: There is a saying that yin deficiency is blood deficiency plus water fluid insufficiency; yang deficiency is qi deficiency plus fire insufficiency. Tonifying qi until fire being generated will warm yang. *Dabai* is close to *Sanjien* (LI3) which belongs to wood. *Linggu* is close to *Yangxi* (LI5) which belongs to fire. Needling both points will generate wood and flourish fire. That is to say to generate fire and warm yang. *Linggu* and *Dabai* points cleft the *Hegu* (LI4) point which is the qi-source point and is strong in regulating qi. *Huoying* (66.03) and *Huozebu* (66.04) points cleft the *Taichong* (LV3) point which is strong in regulating blood. *Linggu* and *Dabai* points tonify qi and warm yang (wood generating fire). As different approaches contribute to same end, *Bu Yang Huan Wu Tang* is the most often selected formula to treat hemiplegia, and *Linggu* and *Dabai* are the most often and essential points in treating hemiplegia too.

Question 5: Both Zi Wu Liu Zhu (Midnight Noon Flow Ebb) and Ling Gui Ba Fa (Eight Methods of Miraculous Turtle) need Gan Zhi of the day and shichen (2-hour time period)" to decide the point. Would you please teach me the quick method to calculate the Gan Zhi (heavenly Stems and Earthly Branches) of the day and shichen?

Answer: Reviewing the journals of the Chinese medicine in various regions in the past decades, one can find several dozens of articles on the topic "Quick Calculating Methods on Gan Zhi (Heavenly Stems and Earthly

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Branches". Those methods usually need to refer to certain tables or charts, or convert between several formulas, or memorize songs of the Gan Zhi of the January firsts. Not only the memorizations are difficult, the calculations are not fast anyhow. Besides, if the person does not bring the pamphlet of the ten thousand year calendar with him, then he will not be able to calculate. In calculating the Gan Zhi of shichen, one needs to know the Gan Zhi of the day first. Once the Gan Zhi of the day is calculated, the Gan Zhi of the shichen is quite simple. I taught the theory of *Yi Jing* and *Ba Zi* (Eight Characters) before, and apply them to predict the constitutions and general health weakness of a person. I have been using the following formulas to calculate the Gan Zhi of a day and shichen. I believe it is a quick method.

Formula A: $[5(x-1)+((x-1)/4)r+15+y] / 10 = \dots$ the remainder is the **Gan** of the day

Formula B: $[5(x-1)+((x-1)/4)r+15+y] / 12 = \dots$ the remainder is the **Zhi** of the day

Explanation: "Y" is the total of days from January first of the year. "X" is the last two digits of the year. If the year is after year 2000, then use the last three digits instead (ex. 100, 101....). "r" is the integer (leave the remainder out). Although I list two formulas above, in fact, there is only one to remember; because one divisor is 10 and the other 12.

The 10 possible remainder from formula A:

1	2	3	4	5	6	7	8	9	0
Jia	Yi	Bing	Ding	Wu	Ji	Gen	Xin	Ren	Gui

The 12 possible remainder from formula B:

1	2	3	4	5	6	7	8	9	10	11	0
Zi	Chou	Yin	Mou	Chen	Si	Wu	Wei	Shen	You	Xu	Hai

Example:

1). Gan and Zhi of March 1st, 2005

Gan of the day = $[5(105-1)+((105-1)/4)r+15+(31+28+1)] / 10 = 520+26+15+60=621/10=62\dots1$ (the remainder is 1, refers to **Jia**)

Zhi of the day = $[5(105-1)+((105-1)/4)r+15+(31+28+1)] / 12 = 520+26+15+60=621/12=51\dots9$ (the remainder is 9, refers to **Shen**)

Hence, the Gan and Zhi of March 1st, 2005 is Jia and Shen.

2). Gan and Zhi of May 1st, 2010

Gan of the day = $5 \times (110-1) + (110/4)r + 15 + (31+28+31+30+1) = 545+27+15+121=708/10=70\dots8$ (the remainder is 8, equals to **Xin**)

Zhi of the day = $5 \times (110-1) + (110/4)r + 15 + (31+28+31+30+1) = 545+27+15+121=708/12=59\dots0$ (the remainder is 0, equals to **Hai**)

The Gan and Zhi of May 1st, 2005 is Xin and Hai.

As how to calculate the Gan and Zhi of the time (shichen), once the Gan and Zhi of the day are known, they are simple to calculate. There are twelve shichen in a day. There will be sixty shichen in five days, which equals to the sixty Jia Zhi. Hence, the sixty shichen restart and circulate in every five days. If the Zi shi (11:00pm-

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1:00am) of the Jia day is Jia Zi, then the Hai shi of the Wu day is Qui Hai and the Zi shi of the Ji day will be Jia Zi again. As long as one knows the Heavenly Stem (Tien Gan) of the day, it is not difficult to calculate the Gan Zhi of the shichen on that day. The below is the two songs of the starting Shichen of the day. They help memorization. One song takes Zi shi as the starting and is called “*Wu Zi Jien Yuan Fa*” (Five Zi establishing the start). The other takes Yin shi as starting and is called “*Wu Hu Jien Yuan Fa*” (Five Tiger establishing the start). The first method is more popular. It is as follow.

The song of *Wu Zi Jien Yuan Fa*

Jia Ji start from Jia Zi

Yi Gen start from Bing Zi

Bing Xin start from Wu Zi

Ding Ren start from Gen Zi

Wu Gui start from Ren Zi

That means:

On the days of Jia and Ji: the heavenly stem (Gan) of the Zi shi is Jia

On the days of Yi and Gen: the heavenly stem (Gan) of the Zi shi is Bing

On the days of Bing and Xin: the heavenly stem (Gan) of the Zi shi is Wu

On the days of Ding and Ren: the heavenly stem (Gan) of the Zi shi is Gen

On the days of Wu and Gui: the heavenly stem (Gan) of the Zhi shi is Ren

The Gan Zhi of the rest shichen can be determined by following the sequence. For example, the Gan Zhi of the Zi shi on Yi day is Bing Zi, so the Gan Zhi of Chou shi is Ding Chou, and the Gan Zhi of Yin shi is Wu Yin..... Another example, the Gan Zhi of Zi shi on Xin day is Wu zi, and so the Gan Zhi of Chou shi is Ji Chou, and Gan Zhi of Yin shi is Gen Yin, Gan Zhi of Mao shi is Xin Mao; Gan Zhi of Chen shi is Ren Chen..... The rest follows the pattern.

Question 6: Some people said “none of the Tung’s extraordinary points is same as any of the fourteen-channel point. Is this statement true?

Answer: That is not true. The person saying so was not fully familiar with both the Tung’s extraordinary points and fourteen-channel points. And he does not grasp the essence of the Tung’s acupuncture. Take Quling (33.16) and Chize (LU5) as example. Although both points are at the same location, due to different methods in locating and needling the points, they have different functions. Quling (curved mound) is located at the prominence of the crooked elbow. That is why the point is named “curved mound”. Although it is located at the same location as Chize (LU5), because of the different methods to locate and insert the points, the functions of the points are different. According to “*Compendium of Acupuncture and Moxibustion*” and “*Golden Mirror*”, the method to locate Chize (LU5) is “in the transverse cubital crease, while bending the elbow, follow the transverse crease, next to the tendons, the point is in the burial ground.” The emphasis here is the “burial ground”. He-sea points are mostly located at the sites with abundant flesh or hollow or cave places that collect lots of qi. Puncture the point from the palmer side toward the dorsal side. The indications include reversed lung qi,

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such as asthma and cough. Because Chize is the son (water) point of the lung (metal) channel, it treats excess syndrome and fire syndrome of the lung channel, such as tonsillitis. As for Qulin (33.16), the description of its location is “in the crease of the cubital fossa and on the radial side of the tendon...” When needling this point, insert the needle attached to the tendon to treat various tendon disorders, such as frozen shoulder, elbow-wrist pain, which is the so-called “treat sinews with sinews.”

Another example, the location of Huochun (33.04) in the original book “*Tung's Acupuncture: Extraordinary Points of the Regular Channels*” is “3 cun proximal to the wrist crease on the dorsal side, in the depression in the middle of the tendons between the radius and ulna”. The location of Zhigou (SJ6) according to the *Compendium of Acupuncture and Moxibustion* is “3 cun proximal to the dorsal crease of the wrist, in the depression between the radius and ulna bones”. “*Golden Mirror*” says: “one cun superior to Waiguan (SJ5), in the depression of the radius and ulna”. May I ask the difference of the locations between Zhigou (SJ6) and Huochun (33.04)? “Chun” in Huochun means “to collaborate” or “to thread or string together”. In Master Tung's English version of book, the point was translated to “string together”. The name of Zhigou (SJ6) (Branch Ditch) is named by the topography of the location, while Huochun (33.04) is named by its functions.

Question 7: What is the holographic standpoint of the five transport points? How to apply the concept to clinic practice?

Answer: In *Ling Shu, Jiu Zhen Shi Er Yuan* (The Nine Types of Needle and the Twelve Yuan-source Points) says “The twenty seven qi flow and pour into the five transport points...” That means the twelve channels and the fifteen collaterals flow, pour into, exit from and enter to the five transport points. This indicates that the five transport points are related to the whole body. In *Ling Shu, Guan Neng* (According to the Official Ability) says “Understanding the functions of the five transport points, one is able to apply the swift and slow needling techniques according to the excess or deficient conditions of the diseases. One also is able to recognize how the channel qi flows, and where does it bend, extend, enter and exit. It follows certain rules.” This paragraph indicates that mastering the five transport points is the prerequisite of successful clinical practice. Both quotes reflect the importance of the five transport points.

The connections of the five transport points and the body parts, and the five-element assignments of the five transport points complete the five transport points to a five-element sub-system. This sub-system is connected to the five-element sub-system of the Zang Fu organs and together they constitute the holographic standpoint of the five transport points. The five transport points of each channel are the holographic points of that channel. Each channel may communicate and act on the respectively related organs through the five elements of the five transport points.

The holographic concept of the five transport points includes the holism, naturalism, and image-numberism. The naturalism of the five transport points refers to the connections between space-time and the five transport points. The flowing from shallow to the deep levels and the distribution locations of the five transport points decide the space nature of the five transport points. For example, the Jing-well points correspond to the head region; Ying-spring points to the facial region; Shu-stream points to the neck or lumbar region (depends on the first or second level correspondence); Jing-river points belong to fire or metal which correspond to lung or heart; He-sea points belong to earth and water which correspond to spleen and kidney. In addition, those points belong to wood correspond to liver and gallbladder. Hence, when the diseases are related to the liver or gallbladder, points belong to wood may be chosen. The rest five-element may be deduced by analogy. The correspondence includes the five body tissue (skin, vessel, flesh, sinew, and bone) correspondence. Those points belong to wood are able to treat sinew problems; points belong to fire to treat blood vessels...etc. I have discussed this part in the previous rounds of the discussion questions. Here I would omit the details.

The time nature of the five transport points nurtures the ideology of the “oneness of heaven and humanity”. The example applications of this concept are such as point selections according to acute (ex. Jing-

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well points), chronic (ex. Jing-river and He-sea points), or intermittent (Shu-stream points) conditions; and the point selections according to the four seasons a year or four timings a day; Midnight-Noon Ebb-Flow; and the Eight Methods of Magic Turtle.

Besides, the image-numberism of the five-elements includes Tong Qi Xiang Qio (similar energy attracts one another), and Jiao Ji (mutually supplementing)...etc. The points belong to wood treat liver, gallbladder and sinew diseases; points belong to fire treat small intestine and blood vessel diseases. Those are the applications of image-numberism of the five transport points. More examples are such as when diseases manifested with tremor, cramp pains and sudden-onset like winds are categorized into “wind” diseases. Those diseases may be treated with wood points. The chances to apply the concept are extensive and that will be the major content of the five transport points. To put forth effort on this aspect will enhance the flexibility in treating diseases and increase the effect of the treatment. Numerous applications of the Master Tung acupuncture are based on the image-numberism

Question 8 : Why in One Needle Therapy Acupuncture only either side of body is needled?

Answer: The following aspects may explain this question.

1. **Resonance Effect:** In natural phenomena, the unity of opposites between matters is the main body of any exists. For example, up and down; left and right; anterior and posterior. Channels are divided into *Yin* and *Yang* and distributed in the interior and exterior aspects of the *Zang Fu* organs. When the acupuncture point of one side of body is needled, the other corresponding point located on the opposite side will generate the being-needled sensation as well. Hence, for pain or diseases on both sides of body and interior organ diseases, it is fine to needle only one side of body and there is no need to needle both sides of body. To treat pain, in general, the opposite of the more painful side or the opposite same name channel of the affected channel is selected. For non-pain diseases, select male's left side and female's right side. For example, to treat knee pain of both sides, select the left *Neiguan* (PC6) and right *Taichong* (LV3) as a combination, or right PC6 and left LV3. This type of point selection can reduce the total number of points at least half.
2. **Correspondence Balance:** The right and left side of channels are not isolated, but mutually influence each other. They cross and connect as well for retaining the dynamic balance between the upper and lower and left and right sides. It is well known that it is not the same sides of upper and lower extremities are moving while walking, but the opposite upper and lower extremities are coordinating. The coordination is retained mainly through the *Du* meridian. The connecting vessel of the *Du* meridian breaks from the main channel at sacrum and coccyx (DU1) and travels upward to the nape and head. It then travels downward to the scapula to connect to the foot *Tai Yang* channel and also penetrate into the spinal column (backbone). The connecting vessel of the *Du* meridian is the control center to retain the communication between the left and right and up and down. Needling the opposite point of the affected site will help the body gain the balance back. For example, needling the lower body when the disease is in the upper body. Needling the right side of the body when the disease is in the left part of the body. It is not necessarily to needle both upper and lower or right and left sides.

Question 9: Why the effective points in treating the frozen shoulder are mostly located on Tai Yang and Yang Ming channels?

Answer: *Tai Yang* channels comprise hand *Tai Yang* small intestine channels and foot *Tai Yang* bladder channel. Small intestine channel is closely related to and dominates the motion muscles of the upper

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limbs. Hence it is particularly effective in treating pain in this range. Points of the small intestine channel are very often selected for the impediments of the motor and sensory functions of the upper limbs. Foot *Tai Yang* bladder channel rules the “tendons/sinews”, which are the most important parts in the motor function of the body. Foot *Tai Yang* channel is often selected to treat various types of pains, tetanus, spasm and numbness due to overstrain. The above mentioned diseases are related to tendons/sinews. That is the meaning of “*Tai Yang* rules the tendons/sinews.” Hand *Yang Ming* large intestine channel rules “*Jin* (body fluid)” related diseases. Besides, the pathway of the hand *Yang Ming* channel travels up “the lateral aspect of the upper arm and over the shoulder”; and hence treats “pains of the shoulder and upper arm”. As the “channel pathways reflect the channel’s indications”, the large intestine channel treats shoulder pain. And because the hand *Yang Ming* channel is with abundant qi and blood, it is excellent at regulating *qi* and blood.

Frozen shoulder is closely related to hand *Taiyang* small intestine and hand *Yangming* large intestine channels. Points selected to treat it are mainly located on those two channels. The most often prescribed and effective herbal formulas for treating shoulder and neck/nape pain are *Ge Gen Tang* or *Gui Zhi Jia Ge Gen Tang* from the *Shang Han Lun*. *Ge Gen Tang* and *Gui Zhi Jia Ge Gen Tang* are the formulas of *Taiyang* and *Yangming* channels. The herbal prescriptions also support the statement of the first sentence of this paragraph. To treat the frozen shoulder, other than the primary points on the hand *Taiyang* and hand *Yangming* channels, points on the lung, stomach, and spleen channels are often selected too, because the lung channel is the exterior-interior pair of the large intestine channel; the stomach channel is the hand-foot same name *Yangming* channel; the spleen channel is the pair channel of the small intestine according to the extraordinary connections of the *Zang Fu* organs. Other channels or points related to tendons/sinews may be selected too. Because the frozen shoulder is located on the upper part of the body, it is often to select the hand-foot same name channels, foot *Yangming* and foot *Taiyang* channels, to treat it.

Based on the extraordinary connections of the spleen and small intestine, needling *Shenguan* (77.18), a point located on the spleen channel in the lower body to treat frozen shoulder is very effective. Needling *Xiajuxu* (ST39) (the lower He-sea point of the small intestine channel) to treat the frozen shoulder is very effective too, because it treats both the hand and foot *Taiyang* and *Yangming* channels. Shoulder pain is often treated with *Houxi* (SI3) too. Blood-letting *Shuanghe* (DT.16) points on the back, especially the point corresponding to the *Xiaochangshu* (BL27), to treat the upper arm pain is also very effective. ST38 penetrating to BL57 is a common point in treating the frozen shoulder. ST38 is a point of the foot *Yangming* channel. BL57 is a point of the foot *Taiyang* channel. Combining both points will regulate both *Yangming* and *Taiyang* channels. One needle connecting two channels; it will regulate *qi* and blood and sooth sinews and invigorate the collaterals. Other points also give good results in treating the frozen shoulder, such as LI3 (*Dabai* (22.04)), LU5, GB34, ST37, SJ3, *Sanchasan* (A.04) (SJ2), GB21, LI10, BL2, SJ10, SI10, *Zhongping* point, SJ4, SI16, LI16, LI15, SI9. (The above is cited from the content of the One Needle Therapy of *Young Wei-Chieh*.)

Question 10: Why do both Gongsun (SP4) and Menjin (66.05) treat frontal headache and eyelid ptosis? What are the common mechanisms?

Answer: SP4 is the Lou-connecting point of the spleen channel. The spleen and the stomach are the interior-exterior related organs. Hence SP4 is the major point in treating stomach channel disorders. Personally I most often use SP4 to treat pains located in the supraorbital and nasal bones, and frontal headache as well. The results are superb. It stops the pains promptly. This is because the face and the frontal head belong to *Yangming*. Needling one collateral point will treat both interior and exterior channels. SP4 is also one of the eight confluent points. It communicates with the *Chong* meridian. As “*Chong* meridian is sea of blood”, SP4 is also effective in treating blood vessel headache.

Frontal headache is also called *Yangming* headache. *Menjin* is located on the posterior to ST43 and attached to the bone (equals to the ancient location of the ST43). It equals to the *Shu*-stream (wood) point of the *Yangming*

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stomach channel. As “*Shu*-stream points govern heavy body sensation and joint pains”, they are the primary points in treating various pains of the respective channels. ST43 is the wood point of the earth channel. It is very good at coursing the liver and strengthening the spleen, and hence is quite effective in treating the headache caused by *qi* stagnation and emotional disturbance due to liver depression. The functions and indications of *Menjin* is the same as ST43.

The ptosis of the eyelids is related to *qi* and spleen deficiency. To treat it, the best selections are points related to both earth and metal. The ST43 equals to *Menjin* (door metal) when it is selected by attaching to the bone. *Menjin* (door metal) is named so because the “metal” is related to “lung, and large intestine” and *qi*. *Menjin* is on the stomach channel which belongs to earth. Hence, it treats both the earth and metal, or spleen and lung. It is also the *Shu*-stream point. As “*Shu*-stream points govern body heaviness and joint pains,” it is very good in treating pains or heavy body sensation and lack of strength. In addition, it also treats lateral headache located on the *Taiyang* points. The point's location also corresponds to the upper eyelids. From the perspectives of the channel pathways, five-elements, and correspondence, they all conclude that *Menjin* is very effective in treating eyelid ptosis.

SP4 is the *luo*-connecting point of the spleen channel. Spleen and stomach are the interior and exterior related organs. Hence it is an essential point in treating various types of spleen and stomach disorders. Spleen and stomach govern “flesh”. Needling SP4 treats both spleen and stomach. SP4 is the superb effective point in treating frontal headache. It also corresponds to the range of the eyelid level. From the perspectives of the channel pathways, five-elements or correspondence, they all support that SP4 is very effective in treating eyelid ptosis and eyelid unable to lift up.

From the perspective of the *Taichi* holographic correspondence, SP4 and *Menjin* are located about the same level and correspond to about the same space too. Both points are also related to spleen and stomach. Hence they both can treat frontal headache and eyelid ptosis. (The above is cited from the content of the One Needle Therapy of *Young Wei-Chieh*.)

Question 11: How to apply the midnight-noon ebb flow (Zi Wu Liu Zhu) of the Ren and Du meridians to the clinical practice?

Answer: *Ren* and *Du* meridians connect into a circle. The ebb flow of their *qi* and blood circulates to a cycle. Like the twelve channels, the *qi* and blood of the *Ren* and *Du* meridians change from day to night. The ebb flow of the meridians also rises and falls from day to night. There are certain opening points corresponding to certain time periods (*shi chen*). There are two popular sayings about the ebb flow of the *Ren* and *Du* meridians.

Time Period	Zi 11-1	Chao 1-3	Yin 3-5	Mao 5-7	Chen 7-9	Si 9-11	Wu 11-1	Wei 1-3	Shen 3-5	You 5-7	Xu 7-9	Hai 9-11
One	RN15	RN17	RN23	<i>Wangguang</i> (<i>Shangen</i>)	DU20	DU16	DU6	BL23	DU1	RN1	RN4	RN8
Two	RN1	DU2	DU4	DU8	DU12	DU16	DU20	DU26	RN24	RN17	RN12	RN8

My personal clinical practice proved that the second saying is more accurate. The opening points of *Yin*, *Mao* and *Chen* time periods are on the back; and *Si*, *Wu*, and *Wei* on the head (refer to the chart). This corresponds to the “During the *Yang* time periods, the points located on the *Yang* regions are opened.” The opening points of the *Shen*, *You*, and *Xu* time periods are located on the front chest; and *Hai*, *Zi* and *Chou* are in the lower abdomen or lumbus. This matches “During the *Yin* time periods, the points located on the *Yin* regions are opened.”

Selecting opening points according to the time periods to treat diseases gives good results. Combining the ebb flow of the twelve channels to select points give even better results. For example, to treat lumbar sprain, it is

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common to needle *DU26* combining with *SI3* at *Wei shi* (1-3 pm). The result is very good and usually it takes only one treatment to cure completely. It is because the opening point of *Wei shi* is *DU26*. *DU26* along is also a very effective empirical point for lumbago. At *Wei shi*, the ebb flow of the twelve channel flows to the small intestine channel. Selecting the *Shu*-stream point of the small intestine, *SI3*, along is also a very effective empirical point in treating lumbago. That is why this combination is outstandingly effective. Let me give another example. A patient with several protruded lumbar disks which caused severe sciatica was under so much pain that his body leaned toward to the right side to form a 45 degree angle while walking. He had seen several doctors during the past three years but none of the treatments helped. I asked the patient come for treatment every other day (three visits a week) at *Wei* time-period (two o'clock in the afternoon). The points selected were *DU26*, *SI3* (both sides), *BL65* (both sides) and were retained for one hour. Blood-letting at *BL40* was performed every ten days. The total treatment was twelve visits and total blood-letting treatment was three times. The entire treatment duration to cure the problem was only 28 days. The patient could walk normally like ordinary people. His posture was upright and without slanting to any angle. Needling *DU26* and *SI3* at *Wei* period matched the ebb-flow time-period. *SI3* is also one of the eight confluent points, which communicates with the *Du* meridian. The needles were retained for one hour until *Shen* time period (three o'clock in the afternoon), the time that energy flows to the bladder channel. Bladder channels clasp the spinal column. The muscle-tendon channel of the bladder channel reaches the spinal column. *BL65* is the *Shu*-stream point. *Shu*-stream points govern heavy body sensation and joint pains. Blood-letting at *BL40* at *Shen* time period (3-5 o'clock in the afternoon) every ten days amplified the effectiveness several folds. Those are the reasons that the three-year-old severe sciatica was cured in 4 weeks.

I also often blood-letting at *Taiyang* point at *Si*, *Wu*, and *Wei* time periods to treat various major diseases and gained pretty good results. It is because the *qi* and blood flows to the head region at those time periods (as at *Si* time period, *DU16* is opened; *Wu* time period, *DU20* is opened; *Wei* time period, *DU26* is opened), particularly the *Wu* time period for the energy is focused at the top of head (*DU20*).

Question 12: Could you briefly talk about how to apply the point combination of the extraordinary connections of the Zang Fu organs (Zang Fu Bei Tong) to clinical practice?

Answer: Point selections based on Zang Fu Bei Tong is a very practical needling method. Previous discussions have talked about the point selection from single channel, such as *LI 11* on the large intestine channel to treat dizziness or vertigo related to the liver channel; and *PC6* on the pericardium channel to treat stomach disorders. However, the point combinations from mutually connected organs are more important and very often applied to clinical practice. Examples are as below.

1. Extraordinary connections of lung and urinary bladder: *LU5* on the lung channel and *BL40* on the bladder channel compose the “four flex pair 四彎配”, which is the most important point combination for blood-letting. It will treat many miscellaneous and difficult and complex diseases. Lung channel is good at treating skin disorders while *BL40* on the bladder channel is good at treating boil and carbuncles. Blood-letting on *BL40* and *Zhiwu* (11.26) point (on the lung channel) forms a great combination for various skin diseases. Those are the effective combination examples of the extraordinary connections of the lung and bladder.
2. Extraordinary connections of the spleen and small intestine: *Shenguan* (77.18), a point on the spleen channel, and *SI3*, a point on the small intestine, form the very effective combination for treating the frozen shoulder. *Shenguan* and *Wanshuanyi* (22.08) and *Wanshuaner* (22.09) form a good combination to expel dampness and effectively treat lumbago. Those are the examples of the extraordinary connections of the spleen and small intestine.
3. Extraordinary connection of kidney and Sanjiao: Song of Jade Dragon and Ode of Jade Dragon both indicate that *SJ6* and *KD6* combination is for treating constipation. *Zhongzhu* (*SJ3*) on the Sanjiao

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channel and Fuliu (KD7) on the kidney channel form a great combination in treating lumbago. Those are the examples of the extraordinary connection of the kidney and Sanjiao.

4. Extraordinary connection of the heart and gallbladder: Fengshi (GB31) on the gallbladder channel and Shaofu (HT8) on the heart channel form a very good combination in expelling wind and stopping itchiness. Qiaoyin (GB44) and Shenmen (HT7) form an effective combination on treating insomnia and dreamful sleep. Those are the examples of the extraordinary connection of the heart and gallbladder.
5. Extraordinary connection of stomach and pericardium: The combination of Neiguan (PC6) and Zusanli (ST36) effectively treats stomach, heart, lung organ diseases, and many internal diseases, for example: digestive, circulation and respiratory system disorders. The effectiveness is through the extraordinary connection of the pericardium and stomach. This point combination is the most commonly used one in regulating heart, stomach and respiratory systems.
6. Extraordinary connection of liver and large intestine: The combination of Hegu (LI4) and Taichong (LV3) is called “four gates” which not only good at treating nasal disease (Song of Point Applications for Miscellaneous Disease), but also treats many major diseases. It is particularly strong at sedating and also is the most commonly used point pair. Besides, Dajien (11.01), Xiaojien (11.02) and Dadun (LV1) form an effective combination in treating hernia and frontal and posterior yin diseases (genital and anus disorders). Those are the examples of the extraordinary connection of the liver and large intestine.

Question 13: Why both the small intestine and Sanjiao channels govern the ear diseases? Why the indications of those two channels are similar?

Answer: Small intestine channel travels toward the head region. It passes the neck and lateral head, enters the ears and terminates at facial region. It is effective in treating febrile or blood-congestion diseases in those regions. It is particularly effective in treating ear diseases. Needling points of the small intestine will unobstruct the ears and benefit the orifices, mainly treat tinnitus, and weak of hearing. Points selected for those problems are *Tingguon* (SI19), *Wanshunyi* (22.08) and *Wanshuner* (22.09) or (SI3, and SI4).

Hand *Tai Yang* governs the “*humor* (ye)” related disease. The described indications related to the above quote are deafness, yellowing of the eyes, swelling of the cheek, pain in the neck, submandibular region, shoulder, upper arm, elbow and posterior aspect of the forearm. Several *Tung's* extraordinary points that are located on the small intestine channel such as *Yenhuang* (11.23) (eye yellow) treats yellowish eyes; *Wanshuner* (22.09) *Changmen* (33.10) (intestine gate) and *Ganmen* (33.11) (liver gate) all treat liver diseases (including yellowish eyes). *Wanshunyi* and *Wanshuner* are also essential points for treating tinnitus.

Hand *Shao Yang* governs the “*qi*” related diseases. The exterior channel diseases of *Sanjiao* include deafness, swelling of the throat, throat *bi*, (abnormal) perspiration, and pain in the outer and inner canthus. *Sanjiao* channel travels along the upper limb and the lateral head. Most tinnitus and deafness are caused by *qi* deficiency or *qi* obstruction. Clinically the points of *Sanjiao* channel are often selected to treat tinnitus and deafness. For example, *Zhongzhu* (SJ3) in the fourteen-channels or *Zhongbai* and *Xiabai* in *Tung's* acupuncture are essential points in treating tinnitus and deafness. Blood-letting (pricking) *Guanchong* (SJ1), the *Jing*-well point of the *Sanjiao* channel, to treat swollen throat and throat obstruction is very effective.

Sanjiao channel travels along the upper limb toward the upper ankle of the ear (behind the ear), to the cheeks and infraorbital regions. It treats pains located on the frontal head, lateral head, chest, ribs, and upper limbs. Because *Sanjiao* channel is *yang* channel, it mainly treats febrile diseases or blood-congested disorders located in the ears, nose, throat and facial regions. The indications are similar to those of the large intestine and small intestine channels. *Sanjiao*, large intestine, and small intestine channels have many in common. *Sanjiao* and small intestine channel are very alike particularly the point locations. Both channels are fire channels and hold the same position related to the monarch fire and prime minister fire. Their indications are alike too.

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Question 14: *Foot Taiyin spleen channel not only is good at treating digestive system diseases, but also good at treating reproductive system diseases located in the lower abdomen. Why is that?*

Answer: Foot *Taiyin* spleen channels starts at *Yinbai* (SP1) point, runs along the medial and anterior aspect of the foot. It continues travels upward to the lower abdomen and intersects with *Zhongji* (RN3), *Guanyuan* (RN4) points of the *Ren* meridian before homing to the spleen and connecting with the stomach. It then continues upward and passes the lateral ribs and ascends to the side of the esophagus and finally proceeds up to the root of the tongue.

Spleen channel is good at treating reproductive system diseases. Other than the points around toe tips (ex. *Yinbai* (SP1)), points between *Sanyinjiao* (SP6) and *Chongmen* (SP12) are effective for those diseases. *Xiasanhuang* (the lower three emperors) points are effective points for treating reproductive system diseases.

Many gynecological disorders are caused by the spleen deficiency. *Sanyinjiao* (SP6) is called “the *Sanli* ((foot) three miles) of the females” and is similar to *Yinlingquan* (SP9) that has very broad indications. *Xiehai* (SP10) is also called “the sea of blood” and hence treats any blood-related diseases, for example, uterine bleeding and irregular menstruation. *Sanyinjiao* (SP6) is believed to effectively treat breech delivery, transverse or oblique lie or any abnormal delivery since ancient. To treat metrorrhagia, *Yinbai* (SP1), *Diji* (SP8) and *Sanyinjiao* (SP6) are selected to bring the blood back to the spleen. It can be clearly seen from those examples that foot *Taiyin* spleen channel is closely related to reproductive organ diseases, especially uterine diseases. The above mentioned diseases that are treated by *Sanyinjiao* (SP6) can also be treated by *Renhuang* (77.21) point or *Daoma* of the *Renhuang* and *Shenguan* point for even stronger result.

Question 15: *Sanjiao channel is good at clearing fire. How to apply it to clinical practice?*

Answer: *Sanjiao* channel is exterior-interior related to the pericardium channel. It not only is good at regulating *qi*, but also clearing heat, especially heat in the upper *Jiao* (its pathway runs to arm and head). Clearing *Sanjiao* fire will benefit the upper orifices, such as *Sanchasan* (A.04) (*Yimen*) (SJ2) and *Zhongzhu* (SJ3) for fire eyes (red, swollen eyes). To treat tinnitus and deafness, select *Sanchasan* (*Yimen*) (SJ2), *Zhongbai* (22.06) (*Zhongzhu* SJ3), and *Huochan* (33.04) (*Zigou* SJ6). Select *Zhongbai* (*Zhongzhu* SJ3) and *Weiguan* (SJ5) to treat deaf-mute. To treat sore throat, needle *Sanchasan* (*Yimen* SJ2), and *Zhongbai* (*Zhongzhu* SJ3).

To clear and resolve fire heat to treat heart-vexed, needle *Guanchong* (SJ1), *Sanchasan* (*Yimen* SJ2). To treat febrile diseases without sweating, *Guanchong* (SJ1), *Sanchasan* (*Yimen* SJ2), *Zhongbai* (*Zhongzhu* SJ3), *Weiguan* (SJ5), *Huochan* and/or (*Zhigou* SJ6) all are effective. To treat *Xiaoke* (waste-thirst), *Yangchi* (SJ4) is often selected and result is pretty good. Because regulating *Sanjiao* and clearing fire is an important treatment strategy in bringing down the blood sugar level. Many *Tung's* points that are able to treat *Xiaoke* follow the rule (located on the *Sanjiao* channel). *Zhishe* point is located on the ring finger, the *Sanjiao* channel, is for treating dry mouth

Question 16: *What is the difference between Tung's palm diagnosis and other styles of palm diagnosis?*

Answer: The *Tung's* palm diagnosis was firstly made public in words in the *Zhong Yi Yen Jiao* (*The Researches of the Chinese Medicine*) in 1978, volume one. It was written by my student Dr. Yen Wu-Cun in accordance with my teachings and writings. The content was not exactly same as that currently circulated on the internet. Mine teachings and writings were the practical information resulted from experimenting, proving, and revising from

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Master Tung's original teachings. In response to many students' request, I started to teach palm diagnosis in some doctoral programs in the recent years.

Tung's palm diagnosis is closely related to channels (*Jing-Luo*). It is not difficult to learn Tung's palm diagnosis if one understands well the hand-foot same name channels and the extraordinary connections of the *Zhang Fu* organs. The readers may refer to the article "The Discussion on the Tung's Palm Diagnosis" authored by Dr. Tsai Ming-Zong published in the Symposium of Master Tung's Extraordinary Points in 1999. His article has details on the relations between channels and palm diagnosis. The differences between Tung's palm diagnosis and others are generally described as follows.

1. Different Location/Regions Definition: The location definition in general palm diagnosis may accord to the eight trigrams, palmer lines, or other self-defined system. The *Zang Fu* locations in Tung's palm diagnosis are different from those currently populated styles. In Tung's palm diagnosis, other than the *Zang Fu* eight trigrams, the *San Jiao* locations, including the vertical and horizontal *San Jiaos*, are even more emphasized. Tung's palm diagnosis particularly emphasized in the channel localization. If one understands the same name channel communication, and the extraordinary connections of the *Zang Fu* organs, he will not have difficulties realizing Tung's palm diagnosis.
2. Different Diagnosis Methods: General palm diagnosis more focuses on the lines, including those major lines such as Heaven line (Love Line), Human line (Wisdom Line)...and minor lines such as vertical, horizontal, island, and obstruction liens, ...etc. Master Tung also observed the changes of color and luster, and flecks, but he most focused on the blue veins and shadow in every region, and secondly focused on the overall palm color and the temperature, muscle thickness or thinness, and indentation or convex in every region. For example, the plumpness or concaveness in the range of the trigram Gen-mountain region, or Venus mount, reflects a person's constitution (vitality) and kidney qi, either strong or weak. If the muscle along the edge of palm of the Houxi (SI3) area is lack of elasticity or is concave, the diagnosis is kidney qi deficiency. If the little finger is too short, it is also diagnosed as kidney qi deficiency.
3. Different action/purpose: Master Tung often needled in accordance with the veins and the shadows. For example, the elevated blue veins along the edge of the palm about the Yuji point (LU10), can be diagnosed according to the upper, middle and lower positions to the shoulder or neck and upper back pain. Needle directly on the site of the elevated veins on the palm can treat the related pains. This was as a result of the discovery of the *Chongxi* and *Chongxian* points. Also, if the elevated blue veins are around the middle and lower *Jiao* regions, plus the palm temperature is lower, the diagnosis is Spleen and Kidney Yang deficiency and the treatment is to needle *Linggu* and *Shenguan*. If the palm temperature is high and there are many blue veins, the diagnosis is Liver and Kidney Yin deficiency with exuberant fire. And the treatment is to needle the *Shenguan*, *Renhuang* and *Huoying* points.

Question 17: How to master and learn Master Tung's bloodletting technique well?

Answer: All the descendants of the Master Tung know well that the major feature of Master Tung's treatment is bloodletting technique. Without the knowledge and the skills to perform the bloodletting technique, one can not call himself a descendant of Master Tung. The bloodletting technique can be used to judge if the Tung's students learned the true teachings from the Master.

First is to master the bleeding technique. The focuses are on the selections of needle tools and the targeted bloodletting sites. The thicker needle shaft the easier to hold the needle and easier to give strength. Master Tung called blood-letting technique "*Dien Ci* (point/dot pricking)". The so called *Dien Ci* (point pricking) is to use a three-edged needle to point on the vein and then prick perpendicularly and speedily on it. With the needle slightly pressing down on the vein, the blood shall drip out easily. The most suitable target for blood-pricking is those elevated/floating blue veins. They were felt protruded outward with gentle touch. When pricking the

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lower extremities, Master Tung often asked the patient to lie down. However, some veins float and shown while standing but invisible while lying down, that means those veins are located in the deeper or hidden layers, then the standing position is better than lying position. In this case, if with lying position, the pricking depth has to be deeper, otherwise the blood won't come out and also the patient might feel more pain from the pricking.

It is advisable to first congest the blood at the bleeding site then prick it. In this case, it is not necessary to squeeze the site for blood, and the blood will naturally flow out and the bleeding volume is also more. How to congest the blood? For example, when bleeding the *Jing*-well points, the practitioner can squeeze the finger to make the blood congested at the finger tip and then prick. With this technique, it is easy to bleed and there will not be much pain. To bleed on the back, it is easier if the point has been pressed. Because the back does not show the veins, even with this technique, sometimes the practitioner may need to squeeze or do cupping on the bleeding points to enhance the bleeding. To bleed at *Taiyang* point, grasp the collar for a short while to congest the blood at head, and then gently prick the point with a sharpened three-edged needle, the blood should rush out like a spring. Points located on the elbow and knee crests, such as UB40, LU5, and PC3, are easier to bleed, but if the practitioner presses on the vein before pricking, the blood is easier to flow out and the patient will feel little pain.

Secondly is to master the points. The essential tip of the point selections of the bleeding technique is “the ability of loosening up and tightening up”. The so-called “loosening up” means to broaden up. It is common to bleed all *Sihua-zhong*, *Sihua-xia* and *Sihua-wai* when bleeding the calf. This will reach the purpose of treating the upper, middle, and lower, the wholeness. The so-called “tightening up” means to find the most important point among numerous points. In Tung's acupuncture, the back points are often in groups. It will be too numerous if every point is used. To refine the point selections and to amplify the effect of the major point, it is necessary if the most important point is selected. For example, the back *Sanjin* (three-metal) points are bled to treat the knee pain. The *Sanjin* (three metal) points equal to *Puohu* (UB42), *Gaohuang* (UB43), and *Shentang* (UB44). The most commonly used point by Master Tung in treating the knee pain was the *Xinxi* (heart knee) and *Dan* (gallbladder) points located on the middle finger, the pericardium channel. Hence, the major point among the three metal points is the *Gaohuang* (UB43) that is next to the *Jueyinshu* (UB14) (the back-shu point of *Jueyin*). The upper and lower points, *Puohu* (UB42) and *Shentang* (UB43), act as *Daoma* needles that are to strengthen the major point. From this I comprehend that *Neiguan* (PC6) point on the *Jueyin* channel is very effective in treating knee pain. (PC6 is the *Luo*-connecting point of the pericardium channel.) Through the extraordinary connections of the pericardium and stomach, and that the stomach channel passes the knee eye, and that PC6 is located between two tendons, PC6 is very effective in treating the knee pain.

Question 18: What needs to be paid attention to when conducting the bloodletting therapy?

Answer: One needs to pay attention to the following aspects while conducting bloodletting therapy.

1. Weather: The bleeding volume is more and the result is better in the sunny days than in the rainy and cloudy days, since the blood vessels constrict more in the latter conditions. In the sunny days of the summer, the yang qi floats outward and the blood vessel elevates upward, and hence it is the best season in a year to conduct the bloodletting therapy to treat the difficult and prolonged or miscellaneous diseases. *Weizhong* (UB40), *Chize* (LU5), and points on the back are easier to bleed in summer than in winter. Unless treating acute diseases, in the treatment of chronic diseases or pains, it is advisable to bleed the patients in good weather.
2. Food and Drink: It is not suitable for bloodletting therapy when the patient is too hungry or too full. Because when the patient is too hungry, the blood is more concentrated and will influence the volume of bleeding. Do not perform the bloodletting therapy long after the last meal, because over-hunger causes needle fainting easily

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3. Tools and Techniques: In modern times, the three-edged needles are used one time only (disposable). The drawback of the disposable (one-time) three edged needle is that the needle-point is not sharp enough and the three blades (edges) are quite rough. Also, because the needle is plated, it needs to be sharpened by sandpaper to be sharp enough. Once the tip of a three-edged needle and the three blades (edges) are sharp, then only gently prick the skin will cause bleeding. That is why it is important to check the needle tip and its three edges before bloodletting. In bloodletting, simply pricking directly on the blue veins will cause bleeding. Once bleeding, the patient instead does not feel pain. If the blood does not come out, then the patient will feel pain. In this case, prick another closely surrounding vein, and the blood shall flow out. The theory is the same as punching two holes on the milk can to make the milk flow out.
4. Congesting blood at the point site: refer to question two, the technique.
5. Time: If bloodletting therapy is performed in coordinate with time, bleeding volume will be more and the result will be better. For example, when bleeding at *Taiyang* point, the result is best if it is performed in a good weather at eleven o'clock in the morning or at a time close to noon when the yang qi flows more on the upper part of the body. Bleeding to treat lumbago or spinal bone spur, the better time is in the afternoon. It is at *Wei* time period (1pm-3pm) when the qi flows to hand *Taiyang* small intestine channel; and *Shen* time period (3pm-5pm) to foot *Taiyang* urinary bladder channel. Hand and foot *Taiyang* channels travel to the back of the body, and hence it will be more effective to operate the bloodletting technique to treat sciatica or hemorrhoids during these two time periods. As far as bleeding at *Shaoyang* (LU11) and other *Jing*-well points, it is not much relevant to time. Because there are no blue veins at those locations, and they are commonly used for emergency, anytime is fine to bleed those points.

Question 19: When bleeding at the inner cheek, which side shall be chosen? Some say the affected side, and some say the healthy side. What is your opinion?

Answer: Either affected or healthy side can be chosen when treating Bell's palsy (mouth and eye deviation). As the liver channel circulates around the inner mouth, bloodletting on either healthy or affected side works effectively since both are close to the channel. However, the result is better if bloodletting on the affected side. It is not necessary to search for the blue vein when bloodletting the oral cavity. Request the patient to open the mouth widely and prick on the membranes on the center of the side of the oral cavity. Seven or eight drops of blood are fairly enough. After the pricking, ask the patient to rinse the mouth with salty water which will sterilize the wound and at the same time enhance the muscle tone. That will increase the effectiveness. Bloodletting at the side of the oral cavity is the best method to treat facial nerve paralysis.

Question 20: Could you talk about the reasons the Heart opens into the orifices of the ears, and how that relates to bloodletting therapy and acupuncture?

Answer: The quote of the Heart opens to the ears is from *Suwen*, chapter four *Jin Gui Zhen Yen Lun*: "the color of the south is red, and enters into and communicate with the heart which opens into the orifice of the ears..." *Wang Bing*'s annotation was "the tongue is the official of the heart, the tongue is for speech, the tongue is not an orifice, and hence the ears are the orifice (of the heart)". *Zhang Jing Yue* said "the root of the tongue belongs to the heart; but the ears belong to both heart and kidney." They both agreed the relation between the heart and the ear orifices.

Because most yin channels do not travel to the head, the five viscera opening to the orifices on the face are in fact through their interior-exterior related yang channels. The kidney opening to the orifice ears is through the

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bladder channel which travels to and opens in the orifice ears. The heart channel, through its interior-exterior relation with the small intestine channel which enters into the ears, relates to the ears too.

There are quite a few ear disorders that are related to the heart. For example, the coronary heart groove on the earlobe is often used to assist the diagnosis of the coronary heart disease. Commonly seen tinnitus, and deafness are often related to the heart. For example, insomnia, hypertension, and anemia that accompany with tinnitus are more effectively treated if the heart is treated.

In *Shang Han Lun*, it says “Before the doctor feels the pulse, the patient presses his chest with interlaced fingers. When the doctor instructs him to cough, he fails to do it accordingly. He must be deaf. A great deficiency after profuse or repeatedly perspiration has caused the deafness.” It is effectively treated by *Gui Zhi Gan Cao Tang* which warms the heart yang. I often use modified *Xiao Cai Hu Tang* to treat ear disorders. One is because the gallbladder channel circulates and enters the ears; and another reason is based on the extraordinary connection of the heart and gallbladder. I also often select *Fengshi* (GB31) to treat the deafness, tinnitus and insomnia due to heart yang deficiency. The result is very good. The reason is also based on the extraordinary connection of the heart and gall bladder.

I also often prick the ear apex to bleed to treat profuse sweating. The result is very good as the heart governs the sweat. Pricking to bleed to treat insomnia is also very effective as the heart governs the spirit. Pricking to bleed to treat skin disorders is also very effective. As the urinary bladder travels to the ears, and the *Taiyang* governs the exterior; *Shaoyang* gallbladder channel circulates around the ears; and *Shaoyang* governs the wind, but so does the “all sores, pains, and itchiness belong to the heart”.

Question 21.: Does the location of the extraordinary point Huofuhai (33.07) match that of the Shousanli (LI10)? Do the point name and the location have any special implication or meaning to the treatment?

Answer: From the direct perspective (view) the *Huofuhai* point does not fall on the location of the *Shousanli* (LI10). But it does overlaps onto the *Shousanli* (LI10) with its particular way of locating the point. Its indications and functions listed in Master Tung's book also match those of the *Shousanli* (LI10). “*Huofu*”, literally “fire fu-viscera”, indicates *Sanjiao* fu-viscera. The point is defined on the *Sanjiao* channel, but is located with the arm twisted and then falls onto the Large Intestine channel and matches the *Shousanli* point. Master Tung's original book lists that its major indication is to supplement or tonify, and functions same as *Zusanli* (ST36) if moxibustion is performed. The point is located at the region with abundant and thick muscles and hence is named “*Hai* (sea).” Master Tung's book indicates the location of the point as “the flesh bulges when pressure is applied, at the border of the protuberant flesh (of the radius.)” The “flesh bugles” indicates that the abundance of the flesh on the location. The site with abundant flesh will be able to treat spleen-stomach related disorders, and functions to supplementing qi. “The border of the protuberant flesh” indicates the point is related to sinew. The differences between the sinew and flesh have been explained in details in the Advanced Tung's Acupuncture Seminar. They are involved with the applications and elucidations of the five-body-tissue needling method (Body Correspondence Needling Method). Here I would point out some key points. First, *Jin* is the flesh that can generate strength. According to the explanation in *Shuo Wen Jie Zi* (Explaining Simple and Analyzing Compound Character), it says *Ji* is *Roe* (flesh). As for *Jin*, it says *Jin* is the strength of *Roe* (flesh). Secondly, *Jin* (sinew) is the stripe-shaped flesh, for example, *Zhenjin* (77.01) and *Zhenzhong* (77.02) points. Thirdly, *Jin* (sinew) refers to the particularly bulged muscle/flesh. *Juonng Roe* refers to the particularly bulged big muscle. For example, deltoid muscle, triceps brachii, gastrocnemius, those chunky shaped muscles belong to this category. *Huofuhai* point is located on the border of the protuberant flesh, a particularly bulged flesh. Hence, it is able to treat tendon/sinew related disorders according the “sinew treats sinew.” And in fact it treats both sinew/tendon and flesh simultaneously. It is superb effective in treating tennis elbow if combined with posterior *Quchi* (posterior

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LI11) which treats bone particularly. Besides, *Huofubai* point although is defined on the *San Jiao* channel, instead it is located on the large intestine channel. Hence, it treats both *Shaoyang* (*Sanjiao*) and *Yangming* (large intestine) simultaneously. *Yangming* channels are with abundant qi and blood; and hence this point is very good at regulating qi and blood.

Question 22: Both Muhuo point and the Daoma of Linggu and Dabai treat the sequela of stroke. What are the common reasons?

Answer: Stroke is closely related to wind (wood) and phlegm (fire). There are only two yin channels that travel to the head, which are wood (liver) and fire (heart) channels. Liver wind (wood) and phlegm fire (fire) are two main reasons of wind stroke. Wood fire channels and wood fire points are best selections for treating wind stroke and its sequela.

Muhuo (wood fire) point is named because first it is on the fire (pericardium) channel, and located closely to the *Jing*-well wood point. Another reason is that the point is located in between the *Jing*-well (wood) and *Ying*-spring (fire) points on the pericardium. *Muhuo* point is located closely to the *Zhongchong* (PC1) point and has the functions to strengthen the heart and invigorate the blood. It also strengthens and enhances other points that are used to treat the sequela of the stroke. Supplementing wood fire or *Muhuo* has the effect of warming the yang (for the same reason, supplementing the mental and water (*Jingshui*) equals nourishing the yin). This is similar to that prescribing the *Bu Yang Huan Wu Tang* and *Zhen Wu Tang* to treat the stroke or its sequela.

Dabai and *Linggu* points are also between wood and fire points. *Dabai* is closely attached to the *Sanjien* (LI3) point, and has same attributes or nature as those of *Sanjien* (LI3) point. *Linggu* point is between *Hegu* (LI4) (belongs to wood) and *Yangxi* (LI5) (belongs to fire) points. It is located in between the wood and fire and bears the natures of the two elements. Another explanation is that *Linggu* is located closely to the *Yangxi* (belongs to fire) and has the nature of the fire element. In this case, *Dabai* belongs to wood while *Linggu* to fire. Using both of them is as supplementing the wood and fire, and hence creates the effect of warming the yang. Its function is like using the *Bu Yang Huan Wu Tang* and *Zhen Wu Tang* to treat the hemiplegia.

Muhuo point and *Dabai-Linggu* points both have the natures of the wood and fire and hence can treat wood-fire related diseases such as the sequela of the stroke. *Muhuo* point is located closely to the *Jing*-well point and hence can open the brain orifice. *Linggu* and *Dabai* are needled closely attached to the bone which corresponds to the kidney and communicates with the brain and hence can dredge and invigorate the qi and blood of the brain. However, *Muhuo* point is located in between the *Jing*-well and *Ying*-spring points and hence is more suitable for newly developed diseases and is not suitable for long needle retention. *Dabai* point is the *Shu*-stream point while **Linggu** is in between the Yuan-source point (*Hegu* LI4) and *Jing*-river point (*Yangxi* LI5), and both of them are needled attached to the bone; hence they are suitable for both newly-developed and chronic diseases and also are suitable for long needle retention

Question 23: You have mentioned that Qíchí (LI11) and Neiguan (PC6) are effective in treating dizziness or vertigo. Could you please give more details on your experience and their mechanisms?

Answer: Here I would like to give further explanation on my highly effective experience and the mechanisms.

1. The reasons of selecting *Quchi* (LI11) to treat dizziness/vertigo: Vertigo or dizziness is related to “wind” in Chinese medicine. In *Neijing*, it is said “All kinds of wind, shaking, and vertigo syndromes belong to Liver.” Through the extraordinary connections of Liver and Large Intestine, it is effective in treating dizziness or vertigo by *Quchi* (LI11), *Sanjien* (LI3) or *Linggu* (22.05) point. *Quchi* (LI11) is the He-sea point of large intestine channel. As He-sea points govern counter-flow *qi* and diarrhea; and according to *Suwen*,

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chapter Needling Method (*Ci Fa Lun*): “To descend wood, needle the point that *Yangming* channel enters”, which refers to *Quchi* point. *Quchi* (LI11) is located on *Yangming* channel, which is abundant with qi and blood, and has strong effect in regulating qi and blood. Hence, no matter the dizziness or vertigo is caused by Liver *Yang* hyperactivity, or Liver blood deficiency or Meniere’s syndrome, *Quchi* can treat all of them effectively. Another explanation that is according to the Holographic correspondence is that *Quchi* (LI11) located on the starting of the forearm where corresponds to the head and hence treats the head.

2. The reasons of selecting *Neiguan* (PC6) to treat dizziness or vertigo: Hand *Jueyin* and foot *Jueyin* are same name channels and communicate with each other. Selecting points on hand *Jueyin* channel to treat liver-wind diseases of foot *Jueyin* is effective in general. Besides, hand *Jueyin* channel (Pericardium) and foot *Yangming* (Stomach) channel are related through the extraordinary connections. Hence points of hand *Jueyin* (pericardium) channel are particularly effective in treating Stomach channel diseases. Concluding the above reasons, needling *Neiguan* (PC6), the point good at enhancing qi and resolving phlegm, to treat dizziness or vertigo with vomiting or nausea is very effective. That is why *Neiguan* (PC6) is the superb effective and common point in treating Meniere’s syndrome (vertigo with nausea and vomiting). During my decades of clinical practice, I treated more than one hundred cases of Meniere’s syndrome with *Quchi* (LI11) and *Neiguan* (PC6) and all received instant result. Some vertigo patients with vomiting or nausea were so severe that they need someone to support them. After the treatment, they could go home happily without assisting. (The above is cited from Dr. *Young Wei-chieh*’s “*Young Wei-chieh* One Needle therapy. The Korean version of this book will be published the fourth time this year.)

Question 24: How to apply Zang Fu Bei Tong (extraordinary connections of Zang Fu organs) theory to acupuncture?

Answer: This is a broad question. The applications of *Zang Fu Bei Tong* are numerous and flexible. Here I would only give a brief introduction. A general application is the mutual-treatment, which means the communicating/connecting organs mutually treat each other.

1. The extraordinary connection of Lung and Urinary Bladder: Lung governs soothing qi; while Urinary Bladder circulates water. Using Lung channel points to treat Bladder channel diseases imply the meaning of “lifting the cap to release water in the kettle.” Needle *Leique* (LU7) to treat frequent urination or profuse urine; *Chize* (LU5) to treat urinary diseases and lumbago. Besides, needling *Yuji* (LU10) can treat backache along the distribution of Bladder channel. Needling the back-*Shu* points on the Bladder channel can treat asthma; *Weizhong* (UB40) to treat skin diseases and severe sores are very effective. Those are the examples of extraordinary connections of Lung and Bladder. In the application of Tung’s points, *Chongzhi* (22.01) and *Chongxian* (22.02) located on the Lung channel are often selected to treat backache along the Bladder channel. The disorders of the uterus are also related to the Bladder channel (for details, please read chapter one of the *Lecture on Tung’s Acupuncture: Therapeutic System*). And hence the selection of *Chongzhi* and *Chongxian* can be used to treat hysteromyoma and this therapeutic effect is closely related to the extraordinary connection between the Lung and the Bladder. The therapeutic effect of point *Fuke* (11.24) located on the Lung channel, which can treat gynecological diseases, uterine diseases in particular, is also based upon the theory of extraordinary connection of *Zang Fu*.
Some Tung’s points located on face such as *Majinshui* (1010.13), *Makuaishui* (1010.14), *Liukuai* (1010.16), *Qikuai* (1010.17), etc., although they are not located on the Lung channel, can treat urinary difficulty and stones. This is because the ideas of “opening the upper orifice to activate the lower orifice”; and “lifting the cap of a teapot to release the water in it.”
2. The extraordinary connection of Spleen and Small Intestine.
In acupuncture treatment, *Wangu* (SI4) is often used for obesity. In ancient classical literature, it is often selected to treat jaundice due to damp heat (see *Tong Xue Zhi Yao Fu*—Ode of Commonly Used

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Important Points; *Yu Long Ge*—Song of Jade Dragon and *Yu long Fu*—Ode of Jade Dragon). *Wangu* (SI4) is the *yuan*-source point of the small intestine and can eliminate dampness and strengthen the spleen. The Tung's extraordinary point *Ganmen* (33.11) is also located on the small intestine channel and is indicated in hepatitis for the same reasons as those of the *Wangu* (SI4). All the ancient and contemporary physicians considered it is important that hepatitis should be treated by eliminating the dampness. In cases of *Yang* jaundice due to acute hepatitis, emphasis of treatment should be placed on the *Yangming*, while in case of *Yin* jaundice in chronic hepatitis, the emphasis should be placed on eliminating dampness. The small intestine is the organ of irrigation and has very strong ability to eliminate dampness. Besides, the spleen point *Yinlingquan* (SP9) can be selected to treat periarthritis of the shoulder with great result. The point *Shenguan* (77.18), located 1.5 cun inferior to *Yinlingquan* can treat frozen shoulder with even more remarkable effect. Selecting *Shenguan* to treat hand numbness due to cervical spondylosis is also based on the extraordinary connection of the spleen and the small intestine. *Xinmen* (33.12) point is selected to treat knee pain because it has dual functions of eliminating dampness and strengthen the heart.

3. The extraordinary connection of Heart and Gall Bladder

In acupuncture, needling point *Fengshi* (GB31) of the gallbladder channel is very effective for insomnia, heart disease and cholecystitis. Needling point *Shenmen* (HT7) of the heart channel is also very effective for deficiency of *qi* of the heart and gallbladder. Besides, the extraordinary point *Yanhuang* (11.23) located on the heart channel is effective for yellowish eyes. All these are examples of extraordinary connections of *Zang Fu*. Hand *Jiexue* (22.10) or *Shaofu* (HT8) of the heart channel is particularly effective in expelling the wind to stop itchiness; as “all sores, pains, itchiness belong to the heart”. However, gall bladder channel also has the function to expel the wind. The extraordinary connection between heart and gall bladder also explains the effectiveness. *Fengshi* (GB31) is the number one effective point for all kinds of pains, which could be explained by the extraordinary connections between heart and gall bladder too.

4. The extraordinary connections of Kidney and *San Jiao*

In the treatment of nephritis, Master *Tung* often used *Zhongbai* (22.06) and *Xiabai* (22.07). The two points were also used to treat edema. Besides, *Zhongzhu* (SJ3) is often selected to treat lower back pain, as well as waist pain. *Zhishen* (11.15) point is located on the ring finger (*San Jiao* channel) and it can treat dry mouth due to kidney deficiency. Master *Tung*'s another extraordinary point *Huanchao* (11.06) is often needled to treat infertility. Those points are located on the *San Jiao* channel and they function through the extraordinary connection of *Zang Fu* to strengthen the kidney.

5. The extraordinary connections of Liver and Large Intestine

In acupuncture, needling *Quchi* (LI11) can treat hypertension due to liver yang hyperactivity and various kinds of vertigo. The extraordinary point *Linggu* (22.05) located on the large intestine channel is effective for vertigo. And the points *Dajian* (11.01), *Xiaojian* (11.02), *Waijian* (11.04) and *Fujian* (11.03) located on the large intestine channel can treat hernia. Point *Mu* (11.17) on the large intestine channel can treat hernia of the liver channel as well as disorders related to wind. Besides, needling *Taichong* (LV3) of the liver channel can treat diarrhea with abdominal pain. All these are examples in which the theory of extraordinary connections of *zang fu* is used.

6. The extraordinary connections of Pericardium and Stomach

Needling point *Neiguan* (PC6) of the pericardium channel is very effective for stomachache, all kinds of stomach disorders and knee pain. This is through the extraordinary connection of pericardium and stomach. The stomach point *Zhusanli* (ST36) is also very effective for stuffiness in the chest due to heart disease. Master *Tung* often used *Tongguan* (88.01), *Tongshan* (88.02) and *Tongtian* (88.03) to treat heart disease. All these points are located on the stomach channel, indicating the extraordinary connection of the pericardium and stomach.

The above are the examples explaining the basic application of extraordinary connections of *Zang Fu* organs. Due to the space limit, the more important application of mutual compliment and combination will be addressed later.

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Question 25: Why Jiexue (88.28) and Muhuo (11.10) points are not supposed to retain the needle for long time?

Answer: In our previous discussions (question 3, the third round), the time nature of a point once discussed this question.

1. *Jing*-well points treat the most acute/urgent diseases. “*When diseases are at the Zang, select Jing-well points.*” Ancient people believe that loss of *Shen* (spirit) and consciousness indicates the diseases are at the *Zang*. In wind stroke, other than loss of consciousness, one’s spirit is often changed. *Jing*-well points are able to wake brain and open orifices, quite *Shen* (spirit) and clear heat, drain excess and expel evils. *Jing*-well points are often used at emergency such as sudden disorder of spirit and will. *Jing*-well points are used for acute syndromes. As they are located finger or toe tips which are with very thin muscle, they mostly are pricked with a three-edged needle and do not retain the needle.
2. *Ying*-spring points are for secondly acute/urgent diseases. “*Ying-springs treat exterior channels.*” “*Ying*-spring points master body heat.” Here, “exterior channels” relate to “channels” as well as “exterior evils.” Externally contracted syndromes are wind-“cold” or wind-“heat”. *Ying*-spring points belong to “water” or “fire” and hence are good at externally contracted diseases. Externally contracted diseases are not as urgent as loss of consciousness in wind stroke, but wind evil is migratory and changeable, and often causes diseases suddenly and hence they also belong to urgent diseases, but less urgent than wind stroke. *Ying*-spring points are located posterior to the *Jing*-well points and the diseases they treat are less acute/urgent than those of *Jing*-well points. *Sanchasan* (A.04) and *Muxue* (11.11) in *Tung*’s extraordinary points commonly used for common cold are located closely to *Ying*-spring points. The diseases they treat although are newly contracted, but are less urgent compared to wind-stroke. Those points usually do not retain the needle for long either. *Muhuo* (11.10) point is located between *Jing*-well point and *Ying*-spring point and is not supposed to retain the needle for too long.

Jiexue (88.28) is located closely to *Liangqiu* (ST34), the *Xi*-cleft point of Stomach. *Xi*-cleft points are usually for acute disorders and pains due to sudden channel obstruction or *qi* disturbance. They are particularly effective for acute disorders or pains on their respective channel. *Jiexue* (88.28) is located closely to *Xi*-cleft point *Liangqiu* (ST34) of the Stomach, which is with abundant *qi* and blood. Hence it is particularly good at regulating *qi* and blood and treating *qi* and blood disturbance and fainting resulting from acupuncture. Because *qi* and blood disturbance and fainting resulting from acupuncture are acute syndromes and not internal acute abdominal disorders, it is not appropriate to retain for too long. If *Xi*-cleft point is used to treat acute abdominal disorders, it is suggested to needle deep with strong stimulation and long retention.

Question 26: Why Linggu (22.05) and Dabai (22.04) are super effective points for sciatica? What are the reasons if they are not effective or the effectiveness duration is short?

Answer:

1. There is one valuable and important tip in point selection and that is the “concentration”. When select points from different channels, one must pay attention to the restraining or attacking relations between or among channels. Sciatica usually involves with three channels: lateral (*Shao Yang* wood), posterior (*Tai Yang* water), and anterior (*Yang Ming* earth). If all three channels are needled at the same time, restraining between channels will occur: wood restrains earth; and earth restrains water. The result is far less effective than only needle on Bladder channel or Gall Bladder channel. Since the *Daoma* of *Linggu* and *Dabai* only apply one channel, the result is concentrated and strong.

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2. *Linggu* and *Dabai* are located on the lateral side of the second metacarpal bone. From the perspective of holographic theory, *Linggu* corresponds to lower *jiao* and lumbar and legs in the upright direction of the second metacarpal bone to the whole body; *Dabai* corresponds to lower *jiao* and lumbar and leg in the reversed direction. Both points can treat lumbar and legs (including sciatica). When they are used together to treat lower *jiao*, lumbar and leg, the effectiveness is certainly strong.
3. From the perspective of the hand-trunk correspondence, fingers correspond to the genital area, palm corresponds to hip area and lower back and hence points of this area treat sciatica. Besides, from the perspective of hand-foot reversed correspondence, hand also corresponds to the hip area and hence treats sciatica. Both correspondences indicate the treatment of sciatica. Hence, *Linggu* and *Dabai*, the two points on hand, treat sciatica with superb effectiveness.
4. Both of the insertions of *Linggu* and *Dabai* are along and close to the bone. The technique matches the saying in *Lingshu*, chapter 7 *Guanzhen*: ““The so-called *Duan Ci* is to treat bone *bi*-syndrome. After the insertion, wave the needle slightly to advance the needle and cause the tip of the needle to approach the bone; and apply lifting and thrusting method to rub the bone.” This is similar to the “using bone to treat bone” technique in the *Ti Ying* (body correspondence) needling methods. The insertion is effective in treating bone pain including sciatica.
5. From the perspective of the “using body (tissues) to treat (disease) images” in the *Ti Ying* needling methods: through the extraordinary connection of the large intestine channel and liver channel (belongs to wood), large intestine also corresponds to wood and treat tendon diseases; the element of *Dabai* point is also wood and hence treats tendon related diseases. Since both points are close to the bone; and as “using bone to treat bone”, both points treat tendon and bone (wood and water) simultaneously. The sciatica is usually related to water (bladder channel) and wood (gall bladder channel). Or it belongs to the liver channel if the pain is at groin, both points can still treat it through the extraordinary connection of the large intestine and liver. If the pain falls in the *yangming* channel, through the communications of the same name hand and foot channels, these two points also can treat.

As far as the question of why the result is not good, it is mostly caused by improper technique. The needling depth plays an essential role in the treatment: shallow depth or heaven division treats local diseases or diseases close to the needling point; medium depth or human division treats diseases located farther to the needling point; and deep depth or earth division treats diseases even farther. Using points located in the upper body to treat the diseases located in the lower, it is necessary to needle deep enough to gain effect. (Also see the previous discussion questions for more details.) *Linggu* and *Dabai* both points must be needled to the earth division (average 1.5 *cun* to 2.0 above) to gain good result. If the needling depth is not deep enough, the result is certainly not good. Besides, if the *Dongqi* (activating *qi*) technique (asking the patient to exercise the disorder site) is not incorporated, the result is even less effective. If the needling depth is not deep enough, the righteous *qi* can not be regulated. It is said that the local, shallow or heaven division needling is to drain the pathogens residing in *yang* division/layer; medium or human division needling is to drain the pathogens residing in *yin* division; and earth division needling is to strengthen the grain *qi* or righteous *qi*. The sciatica pain mostly is chronic, prolonged and cold nature. To gain a lasting effect, the needle must reach to the earth division and long retained to strengthen the grain *qi* and righteous *qi*. If the needling depth is not deep enough or the needle retention is not long enough, the treatment effect is neither prominent nor lasting.

Question 27: What are the functions of the Xi-cleft points?

Answer: *Xi*-cleft points are good at treating acute/urgent diseases as well as pain syndromes. “*Xi*” means “cleft”, where the channel *qi* gathers deeply. When channels travel and meet with circuitous or crooked parts of body, *qi* and blood will gather and irrigate at those cleft sites. Other than the stomach *xi*-cleft point which is located slightly superior to the knee, the rest of *xi*-cleft points are distributed inferior to the elbow or knee. *Xi*-cleft points are where channel *qi* and blood gather around and hence they are with abundant *qi* and blood and

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with strong function of regulating *qi* and blood. The major indication of *xi*-cleft point is to treat acute *zang fu* disorders and pains of its respective channel.

Some believe the *xi*-cleft points of *yin* channels is more for blood related disorders while the *xi*-cleft points of the *yang* channels more for pain syndromes. However, according to the experience, to treat acute pains or blood disorders of channels, *xi*-cleft points of either *yin* or *yang* channels work well. For example, the *xi*-cleft point of lung channel, *Kuonqzhui* (LU6) is quite effective for asthma (even more effective if combined with *Chize* (LU5) or *Yuji* (LU10)); hemoptysis; bronchiectasis; lung tuberculosis (paired with *Yinxi* (HT6). *Ximen* (PC4) is effective for fright palpitation, unpeaceful spirit (paired with *Shenmen* (HT7)), angina, premature beat (combined with *Xinshu* (UB15), *Tanzhong* (Ren15)). In a word, *xi*-cleft points are mostly used to treat acute syndromes and pains caused by sudden stagnation or imbalance of the channel *qi*. The disorders are usually excessive syndromes.

Dishi point (33.14) in *Tung's* extraordinary point is located very close to the *xi*-cleft point of lung channel, *Kuonqzhui* (LU6) and is very effective for acute disorders of lung such as common cold and asthma. *Jiexue* point (88.28) is located very close to *Liangqiu* (ST34), the *xi*-cleft point of stomach channel which is with abundant *qi* and blood, and hence is particularly good at regulating *qi* and blood to treat disturbance of *qi* and blood and fainting caused by acupuncture.

Besides, many researches and experiences conclude that *xi*-cleft points are diagnostic. *Xi*-cleft points distinctly manifest acute disorders and hence are valuable in diagnosis. They also help diagnose disorders caused by irregularities of *qi* and blood of certain *zang* or *fu*. For example, in stomach spasm and acute mastitis, *Liangqiu* (ST34) will be tender when pressed. Hence, tender on *Liangqiu* (ST34) assist in the diagnosis of stomach disorders. Also, tender sensation at *Kuonqzhui* (LU6) when it is pressed assist in the diagnosis of pneumonia and hemorrhoid. Tender *Waiguan* (GB36), the *xi*-cleft point of gall bladder channel, assists the diagnosis of gall bladder duct infection. *Wenliu* (LI6), *xi*-cleft point of the large intestine, if tender when pressed, often reflects digestive tract perforation.

Question 28: Why do Jing-well points of Yang channels begin with phase/element metal; Yin channels with phase/element wood?

Answer: The sequences of the Five Phases of the five transport points on *yang* channels and *yin* channels are different and are greatly related to clinical applications, hence one must memories them well. In the *Classic of Difficulties*, the 64th Difficulty: “The *yin* *Jing*-wells are wood; the *yang* *Jing*-wells are metal; the *yin* *Ying*-springs are fire; the *yang* *Ying*-springs are water; the *yin* *Shu*-streams are earth; the *yang* *Shu*-streams are wood; *yin* *Jing*-rivers are metal; *yang* *Jing*-rivers are fire; the *yin* *He*-seas are water; the *yang* *He*-seas are earth.” That is to say the Five-Phase sequence on the *yin* channels is *Jing*-well wood, *Ying*-spring fire, *Shu*-stream earth, *Jing*-river metal, *He*-sea water; on the *yang* channels *Jing*-well metal, *Ying*-spring water, *Shu*-stream wood, *Jing*-river fire, and *He*-sea earth.

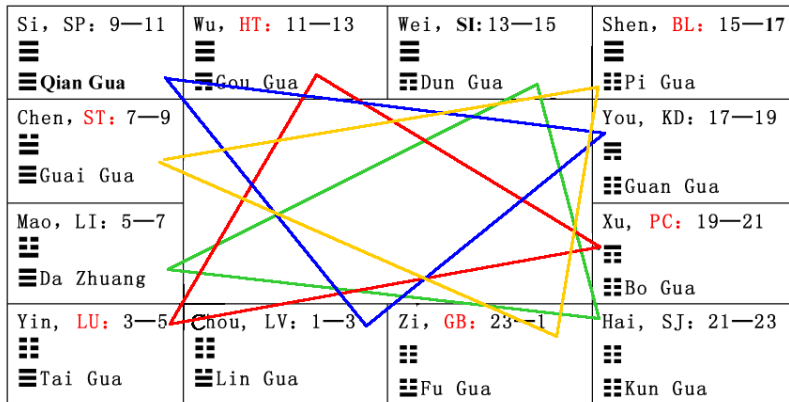
But why do *yin* *Jing*-well points start with wood and *yang* *Jing*-well points with metal? There are many articles related to this question, but they seem not grasping the essential points. According to my researches, I believe that is decided by the attributes (nature) of the Five Phases. Metal and water belong to *yin* for they are sinking, heavy and down bearing; wood and fire belong to *yang* for they are floating, light, and up bearing. Hence the nature (*qi* and quality) of the Five Phases decide the channel directions of going upward or downward; as well as the five-phases of the Five-Shu points of *yin* and *yang* channels.

The locations of *Zang Fu* may further explain the channel directions. The area above diaphragm is *Yang*. Lung and Heart both locate above diaphragm and hence their channel pathways travel above, along the hands/arms. Their exterior-interior channels Large Intestine and Small Intestine follows them and hence travels

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along hands. Spleen, Liver, and Kidney all locate below the diaphragm. Their channels also travel the lower part of body, along feet/legs. Their exterior-interior channels, Stomach, Gall Bladder, and Bladder channels follows them and travel along the feet/legs.

Secondly, according to the *Shi Chen* (traditional 12 two-hour periods) flowing sequence of the *Zang Fu* channels, which starts at *yin shi* (3:00am~5:00am) and ends at *chou shi* (1:00am~3:00am), every *Shi Chen* corresponds to one channel or *Zang Fu*. Lung channel corresponds to *yin shi*; large intestine to *mao shi*; stomach to *chen shi*; spleen to *si shi*; heart to *wu shi*; small intestine to *wei shi*; urinary bladder to *shen shi*; kidney to *you shi*; pericardium to *xu shi*; san jiao to *hai shi*; gall bladder to *zi shi*; liver to *chou shi*. The *qi* and blood of every channel is at its peak at and waning after its *Shi Chen*.



Yin, wu, xu, three combine to form fire (*yin-wu-xu* fire 3-unity); *hai, mao, wei*, three combine to form wood; *si, you, chou*, three combine to form metal; *shen, zi, chen*, three combine to form water. Lung (*yin*), Heart (*wu*), and Pericardium (*xu*), the three hand *yin* channels combine to form fire; San Jiao (*hai*), Large Intestine (*mao*), Small Intestine (*wei*), the three hand *yang* channels combine to form wood. Because wood and fire are light, up bearing and floating, they belong to *yang*. Hence those channels travel upper part of body through hands. Spleen (*si*), Kidney (*you*), Liver (*chou*), the three foot *yin* channels combine to form metal; Urinary Bladder (*shen*), Dan (*zi*), Stomach (*chen*), the three foot *yang* channels combine to form water. Because metal and water are sinking and down bearing, which belong to *yin*, hence those channels travel lower part of body through feet.

The circulation of hand and foot three *yin* and three *yang* channels of TCM manifest the mutual assistance between *yin* rising and *yang* sinking, which is in correspondence with the theory of *Yi* (*Classic of Changes*). In the theory of *Yi*, *Kun gua* is earth, belongs to *yin* and its position is in the lower; *Qian gua* is heaven, belongs to *yang* and its position is in the upper. The earth *qi* rises and the heaven *qi* sinks, by which the earth and the heaven moves toward each other and the greatness or the peaceful and prosperous times (*Tai gua*) can be formed. The heaven and the earth are the macro cosmos while human body is the micro cosmos. “*Yin* rising and *yang* sinking” symbolizes the Heaven and Human Unity, the earth and the heaven in communication to form the greatness (*Tai*), or the upper and the lowers’ mutual assistance or interaction. Try stand with both of your hands raised up to the head and review the foot three *yin* channels travel from foot to chest; hand three *yin* channels from chest to hands, hand three *yang* channels from hand to head; foot three *yang* channels form head to foot, which manifest the spirit of *yin* rising and *yang* sinking. Because wood and fire are light, up bearing and rising, the five transport points of the uprising *yin* channels start from wood and fire; because metal and water heavy, sinking and down bearing, the five transport points of the down bearing *yang* channels start with metal and water.

Yin opposites to *yang*; Firmness opposites to yieldingness; *Yang* is firm and *yin* is yielding; metal is firm and wood is yielding; firmness and yieldingness mutual assistance. *Yang Jing*-wells are metal and *yin Jing*-wells are wood. According to the Five-Phase relationships, metal counter-controls wood. The *yang Jing*-wells are *geng* metal; the *yin Jing*-wells are *ji* wood. *Yi* and *geng* however is a matching (*he*). Just like *yin* and *yang* although

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opposite to each other, but mutually assist each other and constitute the “husband and wife” relationship. The rest four phases could be applied the same way: *Jia Ji* matching, *Bing Xin* matching, *Ding Ren* matching, *Wu Kui* matching. *Yin* and *yang* are self-generating, but mutually controlling. Although mutually controlling, they are mutually promoting too. The “controlling within generating” relationship implies the meaning of Cybernetics.

Question 29: Why He-sea points treat zang fu organ diseases? In Tung's extraordinary points, how are those points that can treat zang fu organ diseases related to He-sea points?

Answer: In *Lingshu*, chapter 19 *Si Shi Qi* (Needling methods according to the four seasons): “if the pathogen (disease) is in the *fu* organs, select the *He*-sea points.” In *Suwen*, chapter 38 *Ke Lun* (On cough): “to treat the cough of the *zang* organs, needle the *Shu*-stream points; to treat the cough of the *fu* organs, needle the *He*-sea points.” Those statements indicate that the diseases of the six *fu* organs can be treated by *He*-sea points. In *Lingshu*, chapter 4 *Xie Qi Zang Fu Binjg Xing* (The visceral diseases caused by evil qi): “.....how to treat the diseases of the internal *fu* organs? *Qibo* said: the *He*-sea points should be selected.” “*Ying*-spring and *Shu*-stream points treat the external channels; *He*-sea points treat internal *fu* organs.”

The distribution of the five-*shu* points defines the point's treatment scope which also relates to the point's space and time natures. The general idea of the above quotes is that *Ying*-spring and *Shu*-stream points are more suitable for treating body surface and channel disorders of the respective channel. *He*-sea points are more suitable for treating internal body disorders of the six *Fu* organs. *Ying*-spring and *Shu*-stream points are located at distal extremities where the channel *qi* is shallow and near the surface. Hence, they are good at treating body surface (including external channel) disorders and five-sense organ disorders of the respective channel. *He*-sea points are located closer to the body trunk than *Ying*-spring and *Shu*-stream points. They are located around elbow and knee joints where the channel *qi* gathers together as one hundred rivers meet before pouring into the sea. The surrounding of the *He*-sea points is thick muscle and tendons, and hence the channel *qi* is deep and abundant. It is easier for those points to have needle sensations (gain the *qi*). As the channel *qi* of those points are more abundant and travel deeper to the *zang fu* organs, they are good at treating *zang fu* organ disorders. *He*-sea points are also good at treating prolonged or chronic diseases as the saying in Chinese medicine “prolonged diseases enter the *fu* organ.” *He*-sea points are good at treating prolonged or chronic *zang fu* disorders. *Ying*-spring and *Shu*-stream points are good at treating external contracted, newly developed, intermittent aggravation and amelioration, or half-deep/half shallow disorders. Those point selection principles guide the clinical practice.

The so-called “*He*-sea points treat *fu* organ disorders” includes non-spiritual/will disorders. (“*When the disease is at the Zang (viscera), select the jing-well point.*” *Jing*-well points treat spiritual and will/emotional or mental (*Shen Zhi*) disorders.) *He*-sea points of *yin* channels belong to water and dominate pre-natal source *qi* and kidney *qi*. They can supplement the deficiency of kidney water. *He*-sea points of *yang* channel belong to earth and dominate middle *qi* or spleen *qi*. They can supplement the deficiency of spleen and stomach.

Because *He*-sea points are located around elbow and knee joints where the muscle and tendon tissues are thick, and comprise more channel or vessel *qi*; besides, they are closer to the body trunk than *Ying*-spring and *Shu*-stream points, they are good at treating *zang fu* disorders. Hence, several point groups of the *Tung*'s extraordinary points are specialized in treating *zang fu* organ diseases, such as *Sima* three points (88.17, 88.18, 88.19) treat lung; *Tungguan Tungshan Tungtien* (88.01, 88.02, 88.03) treat heart; *Tungshen Tongwei Tongbei* (88.10, 88.11, 88.12); *Tienhuang Minghuang Qihuang* (88.13, 88.12, 88.14) treat liver. They all are located on the thigh, superior to the *He*-sea points. As those locations are with abundant muscles, the channel *qi* is deeper and it is easier for those points to gain the *qi*. Besides, they are located closer to the body trunk and hence are good at treating *zang fu* diseases.

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Also, the twelve divergent channels depart at elbow and knee areas (here they communicate with the five-*shu* points) and continue to travel toward to the heart. This is another reason those point groups of treating major *zang fu* organ disorders in *Tung's* points are allocated on the thighs, superior to the elbows and knees. The “depart, enter, leave, reunite” of the 12 divergent channels complement the circulation inadequacy of the twelve regular channels. For example, foot *Shaoyang* gall bladder channel does not travel to the heart, but because its divergent channel pass through the heart, the evidence of the extraordinary connections of heart and gall bladder is further proved. The major points for treating spleen and stomach *zang fu* diseases *Xiasanhuang* (lower three emperors) three points are located on the calf, because the lower He-sea points of stomach, large intestine and small intestine are on the calf too. The three point groups for treating lung, heart, and kidney diseases are located between the stomach and spleen channels. This also shows that in *Tung's* acupuncture, the theory of the spleen and stomach is emphasized.

Question 30: What is the theory and the specific usage of the needling method based on the mutual communication of the hand foot same name channels?

Answer: The point selection method of the same name channels is also called the needling method based on the mutual communication of the six channels. It is developed from the point selection method of channel connection, and is a type of channel therapy. The so called mutual communication of the six channels is hand *Taiyin* communicates with foot *Taiyin*; hand *Yangming* communicates with foot *Yangming*; hand *Taiyang* communicates with foot *Taiyang*; hand *Jueyin* communicates with foot *Jueyin*; hand *Shaoyang* communicates with foot *Shaoyang*.

The point selection method based on “hand foot same name channels” is related to “Open-Pivot-Close” too. Both hand and foot *Taiyang* govern Open and have unified movement rhythm and similar nature; both hand and foot *Shaoyang* govern Pivot and have unified movement rhythm and similar nature too. Hand and foot same name channels have the unified movement rhythm and similar nature; hence their functions are interchangeable and this is called “mutual communication of the same name channels”.

There are communicating pathways between the “mutual communications of the same name channels.” For example hand and foot *Taiyin* channels are connected at *Zhongfu* (LU1) point; hand and foot *Yangming* channels at *Yingxiang* (LI20) point; hand and foot *Shaoyin* channels in the heart; hand and foot *Taiyang* channels at *Qingming* (UB1); hand and foot *Jueyin* channels at *Tienchi* (PC1); hand and foot *Shaoyang* channels at *Tungziliao* (GB1).

The application of the “mutual communication of same name channels” is written in details in my writings of *Zhen Jiao Bao Dien (Treasures on Acupuncture)* and *Lectures on Tung's Acupuncture: Therapeutic System*. Here I would only give a brief summary. The methods are as follows.

1. Mutual treatment of the same name channels: Usually the point of the opposite side channel is selected. This method is more suitable for four extremity disorder. The upper left side treats the lower right side; upper right side treats the lower left side; lower left side treat upper right side; lower right side treat upper left side. For example, when the disease site is at the *Jing-well* point *Shaoshang* (LU1) of hand *Taiyin* channel, the *Jing-well* point of foot *Taiyin* channel *Yinbai* (SP1) is needled. If the disease is at *Shaofu* (HT8), the *Ying-spring* point of hand *Shaoyin* channel, *Rangu* (KD2), the *Ying-spring* point of foot *Shaoyin* channel is needled. The rest channel may be deduced by analogy. This method does not rigidly adhere to acupuncture points. For example, pain on the site of *Chengshan* (UB58) can be treated by needling the middle point of the opposite forearm on the hand *Taiyang* channel. Although there is no acupuncture point on that specific location, the disorder can still be treated. This method is mostly used for treating four extremity disorders, but can still be used for

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- disorder on the body trunk. For example, to treat the pain on the area of *Shufu* (KD27), moxibustion on *Shaohai* (HT3) and *Shenmen* (HT8) will resolve the pain instantly.
2. Combination of the Hand and foot same name channels: the combination method is often seen on the ancient odes. Let's take several examples from "Ode of One Hundred Symptoms". For example, "deafness due to *qi* obstruction relies on *Tinghui* (GB2) and *Yifeng* (SJ17)." *Tinghui* (GB2) is on gall bladder channel; and *Yifeng* (SJ17) on San Jiao channel. This is an example of point combination of hand and foot same name (*Shaoyang*) channels. Another example, "weary speech and somnolence are indicated in *Tongli* (HT5) and *Dazhong* (KD4)." *Tongli* (HT5) is a point of heart channel; and *Dazhong* (KD4) of kidney channel. This is an example of point combination of hand and foot same name (*Shaoyin*) channels. Also, "excrescence creeping over the eye, *Ganshu* (UB18) and *Shaoze* (SI1) are the points to attack." *Ganshu* (UB18) is on the urinary bladder channel; *Shaoze* (SI1) on small intestine channel. This is an example of hand foot same name (*Taiyang*) channels. Besides, on *Ode of Xi Hong*: "heat disease but no sweat, *Dadu* (SP2) connects with *Jingqu* (LU8)." This is an example of hand and foot same name (*Taiyin*) channels. "Hand and foot/upper and lower *Sanli* (LI10 and ST36), food and *qi* stagnation should select them." This is an example of point combination of hand and foot same name (*Yangming*) channels. *Houxi* (SI3), a point of hand *Taiyang*, and *Shugu* (UB65), a point of foot *Taiyang*, are good for neck pain and lumbar pain. The ancient and contemporary examples are so numerous and can not be listed one by one. Point combination of both hand and foot same name channels is a very practical method.
 3. Mutual replacement of points of hand and foot same name channels: Points on the holographically corresponding locations have similar functions and can be replaced by the other. For example, *Gongsun* (SP4) can treat deficient cold of the spleen and stomach and indigestion. The holographically corresponding point *Yuji* (LU10) can be used to treat deficient cold of the spleen and stomach and indigestion, too. *Zulingqi* (GB41) can treat the ache circulated the waist. The holographically corresponding point *Zhongzhu* (SJ3) can be used for the same purpose. *Xuanzhong* (GB39) can treat *Louzhen* (neck sprained). The holographically corresponding point *Waiguan* (SJ5) can treat sprained neck too. *Shugu* (UB65), a point of foot *Taiyang* channel, can treat neck and lumbar pain. The holographically corresponding point *Houxi* (SI3), a point of hand *Taiyang* channel, can treat the same problem. *Zhiyin* (UB67) can correct abnormal fetal position, a gynecological disorder. *Shaoze* (SI1) also can treat gynecological disorder such as insufficient lactation

Question 31 : Why Shu-stream points treat heavy body sensation and joint pains?

Answer: *Shu*-stream points all can treat heavy body sensation and joint pains (*Shu*-stream points govern heavy body and joint pains.) *Shu*-stream points of *Yang* channels belong to wood, which dominates wind and corresponds to tendon. *Shu*-stream points of *Yin* channels belong to earth, which dominates dampness and corresponds to flesh (muscle). Heavy body sensation mostly relates to dampness; while joint pains to wind or dampness. That is why wind-dampness related diseases and tendon-muscular pains are often treated with *Shu*-stream points. *Shu*-stream points have the function to enhance *qi* and resolve dampness and hence are good at treating swelling and fullness, fatigue and sluggish, diarrhea, and pains. *Shu*-stream points are good at treating wind-dampness related diseases and hence heavy body sensation and joint pains. *Shu*-stream points are most often used in treating the pains in their respectively channels. Besides, heavy body sensation and joint pains are often the results from either surplus dampness or deficient *qi* of earth. Select *Shu*-stream point of *Yin* channels which belong to earth to supplement the deficient earth; select *Shu*-stream points of *Yang* channels which belong to wood to restrain earth's surplus dampness and/or dredge the exuberant dampness pathogen. That is why *Shu*-stream points all can treat heavy body sensation and joint pains. Meanwhile, wood corresponds to liver; earth to spleen. Pains that are often aggravated by emotional or liver-spleen disharmony are effectively treated by related *Shu*-stream points. Because wood dominates wind whose nature is impatient (acute), *Shu*-stream points

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of *Yang* channels, which belong to wood, are more often used to treat newly developed pains. Earth dominates dampness, whose nature is slow and lingering, hence *Shu*-stream points of *Yin* channels are more often used to treat chronic or prolonged pains.

In my clinical practice, I often select the *Shu*-stream point of one channel to treat its respectively channel pain and the result is very satisfied. For example, select *Shugu* (UB65) to treat headache particular vertex headache, lumbar pain, neck pain, and sciatica distributed along *Tai Yang* channel; *Xiangu* (ST43) to treat frontal headache; *Linqi* (GB41) to treat temple headache, lateral lumbar pain and those pains located along *Shao Yang* channel. The results are very good and they are all *Shu*-stream points.

Question 32 : Why Jing-river points can treat panting, coughing, cold and heat sensation?

Answer: *Jing*-river points all can treat panting, coughing, cold and heat sensations (*Jing*-river points dominate panting, coughing, cold and heat.) *Jing*-river points of *Zang* organs (*Yin* channels) belong to metal, which is related to voicing, correspond to Lung, which is related to wind cold. Panting and coughing are diseases related to voicing. *Jing*-river points are effective in treating diseases resulting in abnormal voicing. Panting, coughing, cold and heat sensations refer to wind-cold or wind-heat panting and coughing. *Jing*-river points of *Yin* channels belong to metal and needle them with enhancing technique will assist in restraining its counter-control (fire) to treat wind-heat. *Jing*-river points of *Yang* channels belong to fire and needle them will treat wind-cold. These are the reasons why *Jing*-river points all can treat panting, coughing, cold and heat. *Jing*-river points of *Yin* channels dominate more on the panting and coughing and hence are mainly for internal injuries. *Jing*-river points of *Yang* channels dominate more on cold and heat sensations, and hence are mainly for external contracted diseases.

For example, needle *Jing*-river point of Lung channel, *Jingqu* (LU8), will treat panting and coughing because this point has the function to regulate respiratory organs. *Kunlun* (UB60), the *Jing*-river point of Bladder channel, can sedate panting (asthma) (*Ode of Meticulous Light*) and toothache (the *Golden Mirror*). *Fulu* (KI6), *Jing*-river point of Kidney channel, also can sedate panting. *Jianshi* (PC5) can treat loss of voice, hiccup, panting and coughing. Those examples prove that this quote truly is valuable in clinical practice.

Question 33 : Why He-sea points all can treat counter-flow qi and diarrhea?

Answer: *He*-sea points all can treat counter-flow *qi* and diarrhea (*He*-sea points dominate counter-flow *qi* and diarrhea). *He*-sea points treat *Fu* organ diseases. *He*-sea points of *Yang* channels belong to earth, which dominates the post-natal foundation; while *He*-sea points of *Yin* channels belong to water, which dominates the pre-natal foundation. Those points all can treat counter-flow *qi* and diarrhea. The deficiency of Kidney water, pre-natal *qi*, will result in *qi* counter flow upward or rush downward (diarrhea). Needle *He*-sea points of *Yin* channels, which belong to water, will regulate the pre-natal *Yuan* (source) *qi* and Kidney *qi* in order to supplement the deficiency of Kidney water to sedate the counter-flow *qi*. Needle *He*-sea points of *Yang* channels, which belong to earth and dominate middle *qi* or Spleen *qi*, will supplement the deficiency of middle *qi* in order to treat deficient type asthma and stop the diarrhea caused by overabundant water *qi*. Therefore, *He*-sea points all dominate counter-flow *qi* and diarrhea.

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Every *Zang Fu* organ has its diseases caused by counter-flow *qi*. Liver *qi* counter-flow results in Liver *Yang* hyperactivity; Lung *qi* in asthma and cough; Stomach *qi* in constipation and nausea and vomiting; Spleen *qi* in dry retching and abdominal distension; Kidney *qi* in difficulty in urination... etc. They all can be treated by *He-sea* point of the respectively channel. *He-sea* points have the functions to enhance channel *qi*, regulate the physiological activities of the internal organs, strengthen Spleen and Stomach, support the righteous *qi* and cultivate the source. *He-sea* points are good at treating rebellious *qi*, distension and stuffy sensation, diarrhea, etc. They are particularly effective in treating disorders resulting from irregular eating and drinking. In clinical practice, *Chizi* (LU5) is often used to treat asthma (*Ode of Miraculous Light*), *Zusanli* (ST36) to treat abdominal distension, vomiting (*Great Compendium*; *Song of Point Applications for Miscellaneous Disease*; *Ode of a Hundred Patterns*), sedating asthma (*Ode of Xi Hong*; *Song of the Jade Dragon*; *Song of Point Applications for Miscellaneous Diseases*; *Song of Essentials of Needle Practice*); *Yinlingquan* (SP9) to treat fullness of heart, chest, abdomen and hypochondria (*Ode of Xi Hong*; *Golden Mirror*). Also *Quchi* (LI11), the *He-sea* point of Large Intestine, and *Yanglingquan* (GB34), the *He-sea* point of Gall Bladder, are used to treat hypertension due to Liver *Yang* hyperactivity and give good result. To treat diarrhea, *Quchi* (LI11), ST36, or SP9 gives remarkable result. The quote “*He-sea* points dominate counter flow *qi* and diarrhea” truly makes sense.

Question 34: Tushui (earth water) and Shuijin (water metal) points, both Tung extraordinary points, are named with the Five Elements/Phases. What special meanings do the names carry, and how do they relate to the treatments?

Answer: Since *Tushui* is named with earth and water, it certainly has the function to treat earth (Spleen and Stomach) and water (Kidney) related disorders. And since it is located on the Lung channel, its relationship with the metal must be considered too. So in fact this point treats earth, metal, and water related disorders, which are numerous.

Why was this point named *Tushui* (earth water)? One reason is the consideration of the point functions. But more importantly it is because the point is located between the trigrams *Gen* and *Kan* palaces according to palm trigram chart. *Gen* pertains to earth while *Kan* to water. Hence the point was named Earth Water (*Tushui*). Since *Tushui* is located on Lung (metal) channel, it may be considered an Earth Metal Water (*Tujinshui*) point.

Why was another point named *Shuijin* (water metal)? One reason is due to the consideration of point functions. Another reason is also the considerations of *Yi Jing* (*Theory of Changes*) theory and trigram images. *Shuijin* point is located on face between trigram *Qien* and trigram *Kan*. Trigram *Kan* pertains to water while trigram *Qien* to metal. Hence the point was named Water Metal (*Shuijin*). This point also is located on the pathways of Large Intestine and Stomach channels. Large Intestine channel belong to metal; Stomach channel to earth. Hence this point may be considered as an Earth Metal Water (*Tujinshui*) point, too.

Both points are considered Earth Metal Water (*Tujinshui*) point and both carry strong regulating *qi* function, and hence both are effective points in treating asthma and cough.

Question 35: How do frequency of treatment sessions and treatment time relate to therapeutic effectiveness?

Answer: The relationships between acupuncture treatment time and frequency and therapeutic effectiveness may be considered from the following aspects.

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1. **Total treatment time/length.** This depends on the length of the diseases and the constitutions of patients. The earlier the treatments start, the shorter the total time is needed, and vice versa. For instance, *Lou Zhen* (neck sprain), lumbar sprain and other types of traumas usually take one visit to cure if patient visits the acupuncture clinic on the same day of onset. They may take two or three treatments to cure if patient visits the clinic several days after the onset. The treatment length of acute or newly developed disorders generally is shorter than chronic and prolonged disorders, though there may be exceptions. Generally, functional disorders take shorter time to see the result or cure than substantial disorders.
2. **Time intervals between treatment sessions:** In general, continuous stimulus gives stronger effect. If being treated early and continuously, the disorders usually will be cured in short time without combining herbal treatment. Nowadays, most patients visit the clinic once a week. In this case, even combining with herbal treatment, the diseases are taking longer to see results or cure. Let's take Bell's palsy patients as example. If they receive acupuncture treatments immediately after the onset and continuously everyday, most of them will be cured in five or six days without taking herbs. In the winter of the year 1994, I got Bell's palsy. I received acupuncture treatments twice a day and was cured in only four days. If patients receive acupuncture treatment twice a week, even they take herbs simultaneously, they might still take four to six weeks to cure. Another example is severe pain caused by disorders such as trigeminal neuralgia. The treatments should be just like extinguishing fire with water, continuously, non-stop until the fire is put off. Otherwise, the pain stops or lessens after the treatment but will flare up two days later. Continuous acupuncture treatments will put off the fire and extinguish the wind in one vigorous effort. The disorder so can be cured in a short time and without reoccurrence. In the chapter *Zhong Shi* (Termination and Beginning) of *Ling Shu*: "after evaluating the pulse, the treatment frequency might be once a day, every two days, or twice day." According to experience, most disorders benefit more by treatments performed every other day.
Besides, due to the constitutions of small kids, it is said "needling little kids like putting one's hand into hot soup (without retention), and it is fine to needle more than once a day." Small children don't need deep puncture because their muscle and skin are shallow. Because they won't stay still for needle retention, needling them more than once a day will compensate the insufficiency results from shallow and brief needling.
3. **The best time to perform acupuncture treatment.** The acupuncture result will be better if the treatment is performed at a time in accordance with the channels and waning and waxing of *qi* and blood related to the disorders. For instance, bloodletting *Taiyang* point can treat multiple disorders and is better performed in the morning since *qi* and blood circulates in the upper. To treat insomnia by pricking at ear apex for several drops of blood, the best time will be in the afternoon when *yang* is about to enter *Yin*. To treat lumbar pain, the best time is in the afternoon around *Shen* (1-3pm) and *Wei* (3-5pm), when *qi* and blood circulate Hand and Foot *Taiyang*. Other methods for selecting the best time for treatment are such as according to the flow and ebb of channels, waxing and waning of *qi* and blood, and biological clocks. They all will enhance the treatment effectiveness.

Question 36: What are the relationships between open-close-pivot and the Zang Fu organs and channels?

Answer: Open-close-pivot not only closely relates to the extraordinary connections of *Zang Fu*, but also decides the running sequences of channels. Among the three *Yin* and three *yang* channels, *Taiyin* and *Taiyang* pertain to Open and hence are located the outmost. That is to say channels including Hand and Foot *Taiyang*, or Small Intestine and Urinary Bladder channels; and Hand and Foot *TaiYin*, or Lung and Spleen channels, are the Open. When the pathogen cold attacks human body, it affects *yang* first and that will be the most outer *yang*, *Taiyang*. Cold is a type of *Yin* pathogens and tends to affect the lower body, and hence it will affect Foot *Taiyang*.

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first. This is why in *Shang Han Lun*, Foot *Taiyang*, Urinary Bladder channel, is the first to be discussed. When the pathogen heat attacks human body, it affects *Yin* first. Heat is a type of *yang* pathogens and tends to affect the upper body, and hence it will affect Hand *Taiyin* first. This is why in *Wen Bing*, the Hand *Taiyin*, Lung channel, is discussed first. External pathogens damage *Taiyang* and *Taiyin* first, and hence *Taiyang* and *Taiyin* pertain to Open.

Shaoyang and *Shaoyin* both are located at the Pivot position. *Shaoyang* is located between the exterior and interior and their syndrome is characterized by alteration of chills and fever. However, this syndrome could have concurrence of either the exterior or interior syndrome. For example, *Xiao Cai Hu Tang* is indicated for *Shaoyang* syndrome. But *Chai hu Gu Zhi Tang* is used for *Shaoyang* syndrome with predominance of the exterior, and *Da Chai Hu Tang* and *Chai Hu Jia Long Mu Tang* are used for *Shaoyang* syndrome with predominance of the interior. *Shaoyin* syndrome has the tendency of transformation into either cold or heat syndrome. When it transforms into a cold syndrome, *Si Ni Tang* and *Zhen Wu Tang* should be used. When it transforms into a heat syndrome, *Huang Lian E Jiao Tang* should be used.

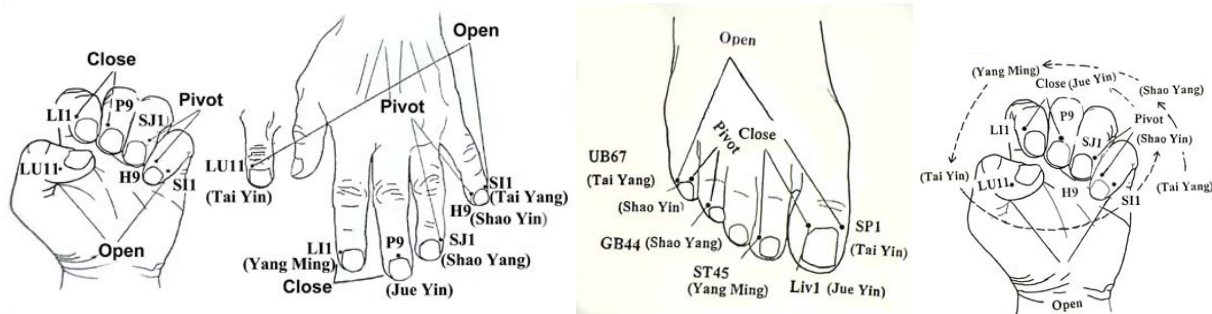
Yangming and *Jueyin* both occupy the middle (2nd and 5th) lines (Yao) in the hexagram *Weiji* *, and imply the significance of Close. In case of attack by cold, if *yang* goes to its extreme, it will enter *Yangming* and gives rise to severe condition with manifestations such as floccitation and failure to recognize people; if *Yin* cold goes to its extreme and enters *Jueyin*, it gives rise to Jue Ni syndrome (syncope). In case of febrile diseases, when the pathogenic heat goes into Hand *Jueyin*, Pericardium, it gives rise to coma; when it goes into Foot *Jueyin*, it stirs up internal wind. All these are critical and extreme conditions at the late stage of a disease that are Closing, manifesting the mental symptoms.



*Hexagram *Weiji*: shows the fire is in the upper and water in the lower, like the human body with the heart in the upper and the kidney in the lower.

The Open-Close-Pivot has close relationships with channels. Let's take Foot Three *Yang* channels as examples. *Taiyang* pertains to Open and is located the outermost on the back; *Yangming* pertains to Close and is located innermost on the chest and abdomen; *Shaoyang* pertains to Pivot and is located between the other two, distributed on the hypochondria. The distribution of *Tung's* extraordinary points also follows to this concept.

Try to make a loose fist shaped like a circle *Ta'ji*, you may find Open, Pivot and Close are connected to one another. Let's look at *Shaoshang* (LU11) and *Shaoze* (SI1) first. One belongs to *Taiyin* channel and one to *Taiyang* channel. Both pertain to Open. *Guanchong* (SJ1) belongs to *Shaoyang* channel and *Shaochong* (HT9) to *Shaoyin*. Both pertain to Pivot. *Zhongchong* (PC9) belongs to *Jueyin* channel and *Shangyang* (LI1) to *Yangming* channel. Both pertain to Close. Thus there forms the law of movement through Opening, Pivoting, and Closing. Extending the sole of the foot, *Taiyang* is neighbored with *Taiyin*, and *Jueyin* is neighbored with *Yangming*. Once one Japanese practitioner, Koubee Akabane, took *Neizhiyin* (medial *zhiyin*) which is located between *Zhiyin* (UB67) and *Qiaoyin* (GB44) to replace *Yuangquan* (KI1) when he did the "warm temperature sense of skin" test. In this way, *Shaoyang* and *Shaoyin* are also closely neighbored. This implies that Open-Close-Pivot has a certain arrangement sequence.



These concepts are the bases for the channel circulation sequence and distributions of pathways in *Nei Jing*. They conform to what is in chapter 10 of *Suwen*: "*Yangming* is anterior to *Taiyang*", and "*Shaoyin* is posterior

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to *Taiyin* ... and *Jueyin* is anterior to *Shaoyin*.” The three *yang* channels are on the *yang* aspect of the body, and the three *Yin* channels on the *Yin* aspect. Then, according to *yang* polarity, Lung, Large Intestine (Dui), Heart, Small Intestine (Li), and Pericardium, Sanjiao (Zhen) are distributed on the upper limbs. According to *Yin* polarity, Liver, Gall Bladder (Xun), Kidney, Urinary Bladder (Kan), Spleen, Stomach (Gen) are distributed on the lower limbs. Besides, according to the principle of *Yin* ascending and *yang* descending, the channels originate from or terminate at the tip of fingers. For example, *Taiyang* channel runs along the lateral side of *yang* aspect of the small finger. *Shaoyang* channel runs along the middle of the ring finger. On the analogy of this, other channels are distributed following the same way.

The counter-clockwise distribution of the Open, Pivot, and Close circles from the outer *Taiyang* to *Shaoyang* and *Yangming* to the end of *yang* and toward inner to *Yin*, *Taiyin*, *Shaoyin* and ends at *Jueyin*. This circulation sequence conforms the transmission of the Six Channels in *Shang Han Lun* as *Taiyang* to *Shaoyang*, *Yangming*, *Taiyin*, *Shaoyin*, and *Jueyin*.

Question 37: In Tung's acupuncture, what special meanings do the distributions and arrangements of Sima three points, Tungguan three points, and Tungshen three points imply?

Answer: The distributions of the 14 channels are related to Open-Pivot-Close as we mentioned in the previous question. Same theory explains the distribution and arrangements of Tung's extraordinary points. The distributions of *Sima* three points, *Tungguan* three points and *Tungshen* three points are close related to Open-Pivot-Close theory, too. The *Sima* three points mainly treat Lung *Taiyin* diseases and hence pertain to Open and are located the outermost. *Tungguan* three points mainly treat Heart *Shaoyin* diseases, and *Tungshen* three points treat Kidney *Shaoyin* diseases, in which both pertain to Pivot, and hence are located in the middle. Three Yellow points treat liver diseases, which pertain to Close, and hence are located the innermost.

As far as the implication why *Sima* three points, *Tungguan* three points and *Tungshen* three points all are located between Spleen and Stomach channels, which symbolizes that Master Tung's ancestor emphasized a lot on the Spleen Stomach Treaties.

The vertical arrangement of *Sima* three points, *Tungguan* three points, and *Tungshen* three points also imply special meanings. *Sima* three points treat Lung and hence are located the uppermost. *Tungguan* three points treat Heart and hence are in the middle. *Tungshen* three points treat Kidney and hence are located the most lower

Question 39: It is common for people to learn the applications of individual Tung's points. I wonder if the point combinations are important too.

Answer: Certainly it is important. Each single point has its particular functions. However, point combinations in Tung's acupuncture are even ingenious and make subtle difference. It is said “reading between and beyond the lines.” Points should be selected between and beyond lines too. In Tung's acupuncture, those wordless lines are the Five Phases. Five Phases are the application core of acupuncture, either the 14 Channels or the Tung's acupuncture. One must master the Five Phases and apply them ingeniously to syndrome differentiation and clinical practice. Point combinations may be categorized into intra-promotion, intra-restraint, intra-communication, and intra-responding, etc. In “*The Applications of the Five Shu Points*” I wrote in the early days has a general introduction on this part. I have given more detailed explanations in the recently ended Advanced Seminar (topics including “The Five Phases in Tung's Acupuncture: perspectives of time, space, and imaging...”)

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Within the sub-categories of the point combinations, “*Tong Qi Xiang Qio* (similar energy attracts one another)” gives the highest effect. Take asthma as an example. The disease relates to Lung, Spleen and Kidney. Points pertain to metal and water should be selected primarily. But it would be even better if all earth, metal and water are addressed. *Shuijin* (water metal) point combining with *Tushui* (earth water) point creates very good result. *Shuijin* point is located on the pathways of Stomach and Large Intestine channels, and hence pertains to both earth and metal. Its location falls to the *Kan* (water) region in the facial eight trigrams, and hence also pertains to water. Selecting *Shuijin* point will treat all earth, metal, and water pertained diseases. *Tushui* point is located between trigrams *Gen* (earth) and *Kan* (water) on the palm, and on the Lung (metal) channel; and hence also treats earth, metal and water pertained diseases. Combining the two points is named Upper Lower Same Energy (*Shang Xia Tong Qi*) since both points pertained to earth, metal, and water but one located in the upper while the other in the lower. The combination not only is superb effective in the treatment of cough and asthma, but also effective in treating other diseases as long as differentiated as deficiency in Lung, Spleen and Kidney. This type of point combination is extensively and ingeniously used in Tung's acupuncture and it makes the best use of point combination as it utilizes very few points to treat multiple diseases with high effectiveness.

Dao Ma is also a type of point combinations but also with the profoundness of combinations of the Five Phases, particularly the Big *Dao Ma* on calves and thighs. As long as one understands the Five *Shu* points, the profoundness is easy to comprehend. *Qian Yin* points can form combinations by following the same principles. There are also several types and variations. Here I would not mention further.

Question 40: There are several acupuncturists or doctors writing books specializing in Dao Ma needling method. What are your opinions on those books? Do you plan to write a book specializing in Dao Ma too?

Answer: Although there are several books specializing in *Dao Ma* popular in the market, non of them was written by Master Tung's disciples (non of the authors is in the list of the 73 disciples). Those authors had never seen Master Tung needle patients. The accuracy and credibility of the books are questionable. Several months ago, some people asked me about *Heng* (horizontal) *Dao Ma* and I have replied (please refer to the April discussion questions). I do not think it is necessary to make any more criticisms or opinions.

In fact, the ways Master Tung selected points were not only limited to *Dao Ma*. I started learning with Master Tung in the later time, but I learned with him for a longer time and learned more than many others. In Master's last years, I followed and learned from him continuously and hence I accumulated more notes. Master was a quite person and did not talk much. However, sometimes when he was in a very good mood, he would call us in to his office and chat with us. Of course he would give some hints during the conversations. Master Tung did point out something about *Dao Ma* needling method. Although Master Tung often used the term *Dao Ma*, in his first and the only book “*Tung's Extraordinary Points on Orthodox Channels*”, he originally named the method “*Hui Ma*” which carries special meanings. The term and the needling description of “*Dao Ma*” were put into public in details in my writing “*Zhen Jiao Jing Wei*” in 1975 for the first time. At that time, Master Tung was still alive and the book was reviewed by him and then published. (Please refer to the preface of *Zhen Jiao Jing Wei*, 1975; authored by Young Wei-Chieh.)

In Master Tung's later years, his point selections were even simpler and refiner. Three-needle *Dao Ma* was sometimes simplified to two needles. Sometimes, he even used one needle to penetrate two points or even three points. I often saw Master penetrated *Linggu* to *Dabai* to treat sciatica, which was a simple, refined needling method but with high effectiveness. Currently those *Dao Ma* books circulated in the market mostly focus on padding out the arrangements of points. That is to say merely groups of points are rearranged and categorized. Those important subtle and profound meanings are not given by those books. Simply putting two or three points together does not reflect the essentials and profoundness of *Dao Ma*. *Dao Ma* must be analyzed

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together with the Five Phases, *Yi Jing* theory, and *Kai-He-Shu* (open-close-pivot) so to understand the special meanings of the point arrangements in Tung's acupuncture, such as those points treating Zang Fu organ diseases are arranged and located on the thighs. Those contents were lectured in the Advanced Seminars in October and November 2008 and received enthusiastic feedbacks.

Currently I do not have any plan to write a book specializing in Dao Ma, but I will introduce and give detail discussions in my future book specializing in advanced Tung's acupuncture. The book contents are preliminarily completed and may be published after another two or three advanced seminar lectures and revisions. During the lecture at the advanced seminar, the following discussions on *Dao Ma* were introduced. Those topics will be introduced and explained in details in my future book specializing in advanced Tung's acupuncture. Readers may answer those review-questions related to *Dao Ma* first which will help them gain some inspirations.

1. **Advanced *Dao Ma* Needling Method**
2. **The Meaning of *Dao Ma* Needling Method**
3. **Specific Operations of *Dao Ma* Needling**
4. ***Dao Ma* Needling Method versus Point Combinations**
5. ***Dao Ma* Needling Method vs. *Qi Ci* and *Pang Zhen Ci***
6. **Required Conditions of *Dao Ma* Needling Method**
7. ***Tong Guan Zhen*, *Yu Zhen*, and *Zhi Fei Zhen***
8. **Needling Sequence and Direction of *Dao Ma* Needling**
9. **Distinction among Big, Medium, and Small *Dao Ma***
10. **The Meaning of the Arrangements and Distributions of *Dao Ma* on the Thigh Region**
11. ***Fu Dong* (floating) *Dao Ma* and *Hu Bu* (complimentary) *Dao Ma***
12. ***Dao Ma* and *Jing Luo* (channels and network vessels), and *San Cai* (three talents/treasure)**
13. ***Dao Ma* and *Holography* and needling depths**

Question 41: May you please share your high efficacy experience on treating tennis elbow?

Answer: The condition is more formally known as lateral epicondylitis ("inflammation to the outside elbow bone"), which is a commonly and frequently occurring disease. The patient feels the lateral elbow achy and sore when the affected limb is in use and difficult and limited in lifting. The pain is aggravated when the patient makes a fist and twists with strong strength, ex. twisting a towel; and alleviated at rest. The pain is usually limited at the posterior side of the lateral condyle of humerus (lateral side of forearm). The pain is gradually increased and may radiate to forearm or shoulder back regions. The pain is more severe at night. Trigger points might be palpitated at the lateral epicondyle of humerus. The pain is more obvious when lifting heavy objects with elbow straight or bending 90 degree angle; or when the forearm twists forwardly. The general joint movements are normal.

TCM regards tennis elbow as damaged tendon of the elbow and belongs to the scope of elbow impediment. The causes are strong twisting or bending of the elbow region, over or extreme use of the elbow causing channel qi and tendon membrane damaged and qi and blood stagnation, which is the so called "lou sun". Tennis elbow might be triggered to occur by coldness. The affected limb should avoid carrying heavy objects and moving around during the treatments.

Currently needling *ashi* points or moxibusting with ginger to treat tennis elbow are the most commonly used methods. However, I personally prefer to needle distally and the result is very good. The commonly used single-therapeutic points are such as *Quhou*, *Linggu*, *Shousanli* (LI10)...etc. Details are as follows.

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Quhou (posterior Quchi (LI11))

Location: When the elbow is flexed on the chest, Quchi (LI11) is in the depression at the lateral end of the transverse cubital crease. Quhou is located posterior to Quchi at the end of the transverse cubital crease, anterior border of the bone.

Needling Technique: Select Quhou at the healthy side and insert the needle along the bone perpendicularly for 1.5 cun. After insertion, request the patient to flex, extend and move around the affected elbow for one to two minutes. Retain the needle for 30 minutes and manipulate the needle every ten minutes. Exercise the affected elbow during the manipulation.

Analysis and Experience: Select Quchi first and then go toward the tip of olecranon, at the medial border of the lateral epicondyle of the humerus to find Posterior Quchi (posterior LI11) which is a point I set up according to my clinical experience. The point is needled along the bone. The needling technique is similar to the *Duan Ci* (short needling) in *Neijing*. In *Lingshu*, chapter 7 *Guan Zhen*: “The so-called *Duan Ci* is to treat bone bi-syndrome. After the insertion, wave the needle slightly to advance the needle and cause the tip of the needle to approach the bone; and apply lifting and thrusting method to rub the bone.” Modern researches concluded the “transmission of the bone membranes”. It is believed that there are abundant nerves and blood vessels at the bone membranes. Needling closely along or with the needle tip touching the bone to treat some bone or joint diseases, through the transmission of bone membranes, will gain very good result. Tennis elbow, lateral epicondylitis of the humerus, belongs to bone bi-syndrome. Needling Posterior Quchi closely along the bone to treat tennis elbow, lateral epicondylitis of the humerus, gives outstanding result and shall cure it after several treatments. The reasons of needling the left to treat the right are one to balance; and second to allow the patient to exercise the affected region to activate and guide the needling energy to enhance the therapeutic effect. The affected limb should avoid carrying heavy objects and moving around during the treatments.

Linggu (22.05)

Location: This point is located in the juncture between the index finger and thumb, the 1st and 2nd dorsal metacarpal bones, and directly opposite Zhongxian (22.02).

Needling Technique: Select the point at the affected side. Lock fingers in a grip to locate the point in the juncture of the index finger and thumb, the 1st and 2nd dorsal metacarpal bones. Insert the needle closely along the bone perpendicularly for 1.5 cun. After insertion, request the patient to flex and extend the affected elbow for one to two minutes. Retain the needle for 30 minutes with manipulation once every ten minutes. Exercise the affected elbow during the manipulation.

Analysis and Experience: Needling Linggu closely attached to the bone corresponds to Kidney and bone. The technique, inserting a needle closely along the bone, is similar to the *Duan Ci* (short needling) described in *Neijing*. In *Lingshu*, chapter 7 *Guan Zhen*: “The so-called *Duan Ci* is to treat bone bi-syndrome. After the insertion, wave the needle slightly to advance the needle and cause the tip of the needle to approach the bone; and apply lifting and thrusting method to rub the bone.” Besides, needling along the bone, through the transmission of bone membranes, to treat bone and joint diseases gives great result. Tennis elbow, lateral epicondylitis of the humerus, belongs to bone bi-syndrome. Needling Linggu along the bone to treat tennis elbow, lateral epicondylitis of the humerus, gives outstanding effect. The focus of lateral epicondylitis of the humerus is on the lateral border of the Large Intestine channel. Selecting Linggu on the affected side allows the patient to exercise the affected site and the acupuncturist to apply the Dong Qi (activating qi) needling technique. If needling Quchi on the opposite (healthy) side, plus Linggu on the affected side, then Linggu will carry the treatment as well as Guiding (Qian Yin) functions, and the effect will be enhanced.

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Huofuhai (33.07)

Location: 2 cun proximal to Huoshan (33.06), on the prominence of the muscle. Although the point is defined on San Jiao channel, to locate it, place the palm on the chest, the point however is located on the radial side of the back of the forearm, about the location of Shousanli (LI10). Request the patient to make a fist and flex the elbow, the point is in the depression of the Brachioradialis muscle.

Needling Technique: Select the point on the healthy side while the patient makes a fist and flex the elbow. Insert the needle perpendicularly for about 1 cun. After qi arrives, apply the lifting and thrusting and rotating techniques and stimulate strongly, meanwhile request the patient to exercise (flex and extend) the affected elbow for one to two minutes. Retain the needle for 30 minutes with manipulation once every ten minutes. Exercise the elbow while manipulation.

Analysis and Experience: This point is located about the same location of Shousanli (LI10), which is an important point of Large Intestine channel. Because Large Intestine channel is full of abundant qi and blood and has strong power to regulate qi and blood, and hence points of this channel will create strong needling sensation, can coursing the wind and invigorate the channel and are good at treating channel and network vessels related diseases. Shousanli (LI10), because of the pathway of the Large Intestine channel, is an essential point in treating shoulder, back and arm pains recorded in all dynasties (refer to Ode of the Essetias of Understand, Song More Precious Than Jade, Ode of Xi Hong, Song of Points for Miscellaneous Diseases.) Huofuhai (33.07) is on the prominence of the muscle, which is the muscle/flesh with proper disposition (Fen Roe). The ancients regarded Fen Roe as Jin (musculartendon) and hence this point is good at treating tendon related diseases. (For this part, I gave detailed explanations at the Advanced Tung's Acupuncture Seminar in Oct. and Nov. 2008. I shall give full discussion in my book in the future.) Meanwhile, since Huofuhai (33.07) is defined on San Jiao channel, it also has the functions to supplement Kidney and treat bone related diseases; and hence is a superb effective point in the treatment of tennis elbow. (The above is cited from "Single Needle Acupuncture Therapy" by Young Wei-chieh).

Remarks: A while ago, (Oct. 19) at the International Conference of Brain Medicine in Traditional Chinese Medicine held in Los Angeles, I was one of the keynote speakers. At the end of the lecture, several presented doctors asked me about the treatment of pains. One asked about the treatment of tennis elbow. One of my students, Dr. Lee responded him (also a Dr. Lee) that he recently treated five cases of tennis elbow by following my above described methods and all of them cured shortly. His descriptions proved my above experience is very practical.

Question 42: What is the reason all Jing-well points treat fullness below the heart?

Answer: Jing-well points master the fullness below the heart. "Below the heart" refers to the Pi (glomus) and fullness of Zhongwan (center stomach duct). "Jing-well" points are located at finger or toe tips and there are twelve of them. The ancients used the "well, the origin of water" as an analogy because the energy (qi) of channels and network vessels origins or departs here (finger or toe tips). Those Jing-well points are able to treat the fullness of the heart.

There are several sayings about the so-called "man (fullness)." One saying of "man" refers to the adverse lung qi. Jing-well points of yang channel pertain to metal, correspond to Lung and dominate qi. They correspond to depurative downbearing, and storing. Jing-well points of yang channels are Lidui (ST45), Shouze (SI1), Shangyang (LI1), Zhiyin (UB67), and Guanchong (SJ1) which pertain to metal. Needling those points has the depurative downbearing function and can lower qi to reduce fullness. Another saying refer "man" to the

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undredged Liver qi. Jing-well points of ying channels pertain to wood, correspond to Liver and dominate blood. They correspond to rising, dispersing, dredging and scattering. Needling Jing-well points of yin channels, Shoushang (LU11), Yinbai (SP1), Shaoshang (HT9), Yungquan (KI1), Daduan (LV1), Zhongchong (PC8), will dredge liver, and regulate qi to eliminate the fullness.

Another saying refers “the fullness below the heart” to the excess syndromes of earth. Jing-well points of yang channels pertain to metal, which is the son of the earth. Blood-letting those points to reduce the son for excess syndromes to eliminate the fullness. Jing-well points of yin channels pertain to wood which restrains the earth. Needling those points can restrain the earth to eliminate the fullness. That is why all Jing-well points can treat the fullness of the heart.

In clinical practice, the combination of Yinbai (SP1) (Jing-well of Spleen), Weishu (BL22), and Tienshu (ST25) is good at treating abdominal distention; the combination of Yinbai (SP1) and Lidui (ST45) is to treat nightmare and unpeaceful sleep. It is believed in Chinese Medicine as “if the stomach is not in harmony, then the sleep is not in peace.” When the stomach is not in harmony, there is often accompanied with the fullness of the heart. I personally often prescribe *Ban Xia Xie Xin Tang* to treat the *pi* (glomus) syndrome which can be treated by the Jing-well points of Spleen and Stomach channels if acupuncture is applied. Also, in acute situations, the region below the heart is often with the sensations of fullness, stuffiness, and obstruction and the heart orifice is obstructed and closed by the excess pathogen. Jing-well points can dredge and drain the pathogenic heat, open and unobstruct the heart orifice and hence are good at treating acute syndromes.

Question 43: What is the reason Ying-spring points all can treat body heat/fever?

Answer: All Ying-spring points can treat body heat diseases as Ying-spring points dominate body heat. Ying-spring points are the points firstly posterior to Jing-well points. Ying-spring points all can treat body heat syndromes or diseases. There are two explanations to the so called “body heat diseases”. One refers to the heat caused by deficient fire. Ying-spring points of yin channels pertain to fire. Needling them can supplement the fire deficiency. Needling Ying-spring points of yin channels are Yuji (LU10), Dadu (SP2), Shaofu (HT8), Rangu (KI2), Laoguo (PC8), Xingjian (LV2), can tonify fire to treat deficiency fire. The other explanation refers the heat to the fire excess. Ying-spring points of yang channels pertain to water. Needling them can clear fire. Needling Neiting (ST44), Xiaxi (GB43), Erjian (LI2), Qiangu (SI2), Tonggu (UB66), Yemen (SJ2), Ying-spring points of yang channels can clear heat/fire to treat excess fire, since they all pertain to water. That is why Ying-spring points all dominate body heat diseases. Although they all can treat body heat diseases, one saying is that yang Ying-spring points dominate exterior heat while the yin Ying-spring points dominate the interior heat.

Ying-spring points dominate body heat; Ying-spring and Shu-stream points treat exterior/external channels. Here the “external channels” are related to channels and network vessels (*Jing Luo*) as well as the external pathogens. The exterior contracted diseases often have the symptom of heat effusion which might be caused by heat or cold. Ying-spring points of yin channels pertain to fire. Ying-spring points of yang channels pertain to water. Hence, Ying-spring points have certain therapeutic effect on exterior contracted diseases or diseases manifested with color changes. For example, the often selected Yemen (SJ2) for common cold is superb effective. Needling Yuji (LU10), the Ying-spring point of the Hand Tai Yin Lung Channel to treat throat pain and asthma (mostly triggered by exterior contraction) is very good. In clinical practice, needling Yuji (LU10) of Hand Tai Yin channel and Erjian (LI2) of Hand Yang Ming channel to treat panting, coughing caused by heat syndrome or pneumonia for they can abate heat, sedate cough and pacify panting. Besides, Neiting (ST44), the Ying-spring point of Stomach channel is often selected for the heat syndrome of the Stomach channel; Xingjian (LV2), the Ying-spring point of Liver channel is often selected for heat syndrome of the Liver channel.

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Question 44: What is the relationship between the amount of qí and blood and the therapeutics?

Answer: *Biao Yo Fu* (*Song of Elucidate Mysteries*) says “First (one should) examine the amount (of qí and blood), next should observe the qí arrival. Light, slippery, and slow, (qí) has not arrived; deep, rough, and tight, has arrived.” Here the “amount” is to generalize the amount of qí and blood of every channel. Doing so is to know well (control) beneath the needle, waiting for the qí to arrive and so to conduct the supplementing or reducing manipulation technique accordingly.

The first person who applied the theory of qí and blood amount to clinical practice was Dr. *Zhang Zhong-Jing*. In *Shang Han Lun*, many clinical cases can support this statement (cases to be omitted). *Zhang Cong-Zheng*, one of the Four Eminent Physicians in the *Jin* and *Yuan* Dynasties, was good at blood-letting technique and particular emphasized the theory of qí and blood amount. In *Ru Men Shi Qin* (*A Confucian's Duty to [His] Parents*) he once mentioned “To let blood, Tai Yang and Yang Ming are more suitable for they have abundant blood. Shao Yang channel is not suitable for blood-letting, for it has little blood.” Dr. Zhang often bled on Tai Yang channel on the back, because the back is the pathway of Tai Yang channel and “Tai Yang dominates the exterior/superficial”. Hence to treat sore, carbuncle, boil, and acne, Dr. Zhang often bled to dredge the heat of Tai Yang channel.

Currently the commonly used blood-letting points match the theory of qí and blood amount. For example, Tai Yang channel has abundant blood but little qí, hence Weizhong (UB40) is often bled to treat body heat, headache, vomiting, abdominal pain, sores, carbuncles, boils and acne, etc, those excess heat syndrome, and receive very good effect. Weizhong (UB40) treating lumbago, sciatica is particularly good. Master Tung often bled the back to treat various diseases ranging extensively. No matter the internal organ diseases or the four limbs diseases, all can be treated. *Chize* (LU5) is the He-sea point of Lung channel and since Lung Tai Yin is with abundant qí but little blood, needling Chize (LU5) with the reducing technique can treat the excess syndrome of Lung, and impediment of tendon and bone. It is also an essential point of blood letting technique, particularly for frozen shoulder, pains of the shoulder, wrist, and palm, nose bleeding, vomiting, stubborn skin ulcer, *Sha* (sand effusion) syndrome.

Yang Ming channel has both abundant qí and blood. When the exterior contracted disease transmits to Yang Ming, the condition will become “abundant righteous qí fighting exuberant pathogen” and the patient has high fever and cloudy spirit. To treat, reducing method or blood-letting technique is often applied. For example, prick at Shangyang (LI1) and Shaoshang (LU11) for little blood can treat fever and sore throat caused by exterior contracted diseases. This is in accordance with that Yang Ming channels have “abundant blood” and hence dredging the blood to treat the excessive. Besides, “excessive qí transforms to fire”, hence in clinical practice, when treating some diseases caused by or with fire or heat, such as red, swelling and painful eyes, toothache with heat/fire sensation, breast pain, sore, carbuncle, and furuncles, points of Yang Ming channels are often selected to clear the heat and dredge the fire so to detoxify toxin (relieve the fever). Those points are such as Erjien (LI2), Sanjien (LI3), Hegu (LI4), Shousanli (LI10), Quchi (LI11) of the Hand Yang Ming; and Neiting (ST44), Xiengou (ST43), Fengrong (ST40), Zusanli (ST36) of the Foot Yang Ming, all are the commonly selected points for clearing heat and dredging the fire.

I personally often bleed at Zusanli (ST36) to treat stomach diseases, asthma, and heart diseases. I even more often bleed at Fenglong (ST40) to treat prolonged or strange, difficult, complex and miscellaneous diseases. This is in accordance with the “abundant qí and abundant blood” and hence the channels are suitable to dredge. Besides, Fenglong (ST40) is the meeting point of phlegm. Bleeding at Fenglong (ST40) can resolve the stasis and expel phlegm. As the point can treat (resolve) both stasis and phlegm, Fenglong (ST40) is a superb effective and essential point in the treatment of strange, difficult, complex and miscellaneous diseases. Also, because Yang Ming channels have abundant qí and blood, they can be used to regulate and tonify qí and blood are to treat the deficiency of qí and blood, hence they are good at treating the sequel of stroke, such as hemiplegia and atrophy (*wei*) syndromes.

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The above examples are the application of the theory of “amount of qi and blood”. The theory of qi and blood amount directs us to consider the condition of qi and blood: vigorous or feeble, and to regulate qi and blood by tonifying the deficiency and dredging the excess. The goal is to balance the yin and yang to cure the diseases

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Appendix 6

Master Tung's Advanced Points Seminar (Feb 27, 2010) Notes

General Theory and Point Associations

The theory behind Master Tung points has a solid basis in oriental medicine. In ancient texts distal points are cited as being more powerful than local points because the body has better memory for distal locations (which sort of makes sense because of the density of neuronal endings in those areas). If you treat with distal points the effects are often more dramatic and results are achieved more quickly than using local points.

Master Tung point prescriptions also rely upon mirroring – top to bottom, left to right, front to back – and upon balance methods. Microsystems are also a strong component of Tung points. Every component of the body can be viewed as a microsystem: face, 2nd metacarpal bone, hand, ears, etc.

Master Tung points are related to the 14 channels

- Jian zhong is a point in the center of the deltoid muscle. This is more of a muscle to treat muscle application. Because it is located in muscle it has Spleen applications and thus treats muscular atrophy and paralysis. This point also treats knee pain as does PC 6.
- Cesanli “Beside 3 miles” 1.5 cun lateral to ST 36. This is between the shaoyang and yangming channels so has applications for both wood and earth. Will also treat trigeminal neuralgia which is a wind problem (because spasms and pain come and go like the wind). This point establishes control of both earth and wood elements. You can also use LI 3 and SI 3 for trigeminal neuralgi because the Yangming and Shaoyang elements affect this so strongly. Both are Shu stream points. Shu streams control joint heaviness and *pain*. Also, the Neijing says if a problem comes and goes, use the shu stream points to treat it.
- Ganmen (liver gate) along SI channel.
Like SI4, treats hepatitis
- Heart Gate (Shen Men) is 2 finger widths distal to the elbow joint. Or 3 fingers from tip of elbow. Insert perpendicularly. Often used for knee joint pain, including joint degeneration. Knee is related to heart which is inerrelated to SI channel (interior/exterior relationship). Because called Heart gate, orgininally used to tx heart diseases. Close to he sea point which tx internal organs – part of SI/HT internal/external relationship. Can treat knee pain because of elbow/knee location relationship. Can even trt bone spurs on the knee cap.
- 33.01 – 0.3. Three point combination along the LI meridian. Good for hemorrhoids because of the meridian location. Related to anus area - microsystem relationship along this bone/segment of the channel. Erbai treats hemorrhoids for the same reason – microsystem relationship. KI communicates with SJ and ctrl's the 2 yin orifices.
- Jiexue 88.28. 1.5 cun below the Xi cleft of the stomach channel (ST 34) which is good for release of stomach pain (acute conditions and pain on the channel/organ are the major indications for xi cleft points). ST 34 works for stomach ulcers too. Most xi cleft points are below the elbow/knee, but this one is above the knee cap. Yangming is rich in qi and blood, so good for bleeding. Jiexue is good for new trauma, bleeding. Good to regulate qi/blood.
Also good for needle shock, for stuck needles, bent needles.

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Many Tung points are related to Five Element correspondences and/or have Antique Point applications.

- Jing well points are used to open orifices. Liver and Spleen 1 for instance stop bleeding because Liver 1 is the jing well for the channel and stores blood. Spleen 1 controls blood. UB 67 is used to open the orifice and induce labor. Per the Shang Han Lun the UB is related to the uterus.

The point 11.17, Wood Anger, is above the yingspring point, so is considered to be related to the jing well on the LI channel. The LI channel terminates at LI 20, the external nose. There is a five element wood/metal relationship between LI/metal and LV/wood, too. The Liver/wood channel goes to the *internal* nose, so Wood Anger will treat both internal and external nose. Good point for opening the nasal cavity. Works similarly to Four Gates.

- He Sea points treat internal organs. These are earth and water points on the five element chart. Also treat deep muscle tissue. These points are located in thick muscle, so this is a muscle → muscle correspondence. Muscle tissue treatments also build Qi.

Toes and fingers are less muscle related and more tendon/motion related.

The 11.10 point, Mu Huo, is called “between wood and fire.” Its function also relates to this correspondence. This point treats sequela of stroke. Strokes are caused by Liver yang rising, hypertension, or thrombosis. All of these reasons are related to wood (Liver correspondence for yang rising and hypertension) and to fire (Heart/thrombosis). The heart and liver channels both go to the head and contribute to stroke. 11.10 is located on the dorsal aspect of the middle finger at the center of the most distal interphalangeal crease.

- Ying spring points are often used to treat the common cold because of the clear fire applications. Sanchasan is a great point for the cold and is located at the Ying spring locations between the knuckles and the MCP joint.
- Jing river and He sea points treat chronic diseases according to the description for these categories of points. The closer to the Jing well points you are the more urgent the diseases you are treating. You do not retain the needle (or only retain short time) here, but bleed instead. As you move toward the he sea and jing rivers however, you're treating more chronic diseases and retaining the needle longer. Retain Ying spring and shu stream points 5 – 10 minutes. Retain jing rivers and he seas longer.
- Further five element associations. Tushui, 22.11, is related to water and has associations with earth and metal as well. It's located at LU 10 and is a great point for asthma, upper back pain, diarrhea (you'll see a bluish purple vein here if the pt has a diarrhea problem). It treats asthma because qi is related to Lung (metal), Spleen (earth) and Kidney (water). Shuijin point on the chin (1010.20) is also earth, water and metal related and so treats asthma and cough as well.

Blood is related to Heart (fire), Liver (wood) and Kidney (water).

Points also have Zang associations

- PC 6 for instance is often used to treat knee joint problems. Knees are related to heart. There are lots of vessels at PC 6 and in the knee, relating it to heart. The knee is also along the stomach channel. PC communicates to the ST and ST channel relates to knee. There is also a hand and foot jueyin intercommunication going on here. Finally, because PC 6 is between tendons and most knee problems are tendon/ligament related this is a tendon to treat tendon application.
- Fuke 11.24 is between MCP 1 and 1st interphalangeal joint, located at the 1/3's. This is a major point to treat infertility. It is often combined with 11.06 along the SJ channel. KI communicates with the SJ

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channel. This point can regulate KI and endocrine function, treating uterine and gynecological problems. Treat right Fuki and left Huanchao one time and then alternate for the next treatment.

- Zhiwu 11.26 point means “control turbidity.” Oozing and chronic sores which don’t close up and heal (like after surgery for instance) are treated with this point. This is on the Lung channel which controls the skin. Use a small lancet and bleed at the blue/purple vein you find in this area. Squeeze the area to build up blood congestion in the area, then bleed. Should start and stop on it’s own this way.
- Ganmen 33.11 means liver gate. It’s major function is for Liver dysfunction such as hepatitis (acute or chronic) and is named for it’s indication. It is on the SI channel which communicates with the spleen channel. The SI channel and organ separates turbidity and clarifies. It is good for treating dampness which is related to the Liver and to jaundice. You can also use SI 4 as a TCM treatment because SI 4 is the yuan source point on the channel.

Therapeutics of Master Tung Points

Microsystems

Microsystem theory came out of china long ago.

Second Metacarpal Bone Theory Microsystem

Remember the 2nd metacarpal bone microsystem from [Advanced Needle Theory 1](#). The 2nd bone is divided into 11 parts with the most distal head of the bone related to head itself and the base of the bone near the wrist related to leg and foot.

Sanchayi (A01-04) and dabai are used to treat headache for this reason – located at the head of finger bones.

Insomnia sidebar:

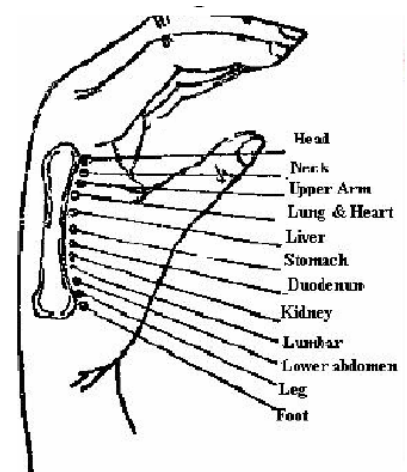
LU and HT locations good for insomnia. Location between da bai and LI 3. Can also use ear apex point for insomnia – super point for insomnia. Insomnia comes from HT/KI failing to communicate or from excess heart fire. Chronic insomnia is treated by soothing liver and nourishing blood in herbal treatment. Kidney opens orifices and ears. But in Suwen says heart can also open orifices on the ears. By bleeding the ears you communicate between Heart and Kidney. This treatment is an acupuncture version of herbal treatment. Shaoyang channels goes through the ears. Bleeding here communicates between the two. Works even for chronic insomnia, though may take longer if more chronic. Persist, bleeding a couple of times, for best results.

Turn the 2nd bone microsystem upside down – now head is foot and foot is head. This is why you needle Ling Gu for dizziness also. This point is along LI channel, which is related to liver – liver is related to wind which is a component of dizziness.

This is why Ling gu is often needled with Da bai. The combination of the two is a Dao Ma treatment. This emphasizes treatment function. Used frequently for sciatic pain which often occurs because bed too soft, not enough movement, carrying heavy stuff.

Facial Microsystem

There’s a microsystem on the face too. See handout page 2. The most general breakdown is by the areas related to the jiaos. Forehead is UJ, nose is MJ, lip area is LJ. Zits on the face are indicative of where you have fire in your system (lips/chin = LJ).



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More detailed facial microsystems can be found on the handout on page 2, top diagram. Different facial components are related to different areas of the body. Some of the facial areas are indicative of left/right, like #11 = right lung, #24 = left lung.

Remember that both heart and kidneys open to the ears. A crease on the face from ear to chin can indicate heart disease when is straight down. If crease is transverse can be ringing in the ears.

See the notes, page 2, bottom diagram for the 2nd facial microsystem. Trigeminal neuralgia can be treated at the 8 and 9 area and also along the jaw. The 8 and 9 area are SI and LI – ties back to SI 3 and LI 3 used to treat trigeminal neuralgia.

Facial tics are a wind disease. Needle wood points – LI 3 and SI 3 together. Different diseases and symptoms, same treatment.

Know where your channels and microsystems overlap and you will understand better.

Dao Ma technique can be largely spaced. Example: 3 point combinations on the leg on the Spleen channel, Stomach channel, etc.

- Upper 3 Yellows
Treat any kind of Liver disease – blood, tendons, literal LV diseases, Parkinson's and other tremor type diseases, hepatitis, etc. 3 points together used for each of the jiaos. If symptoms are localized to one area, you can needle different combinations of these points (like upper 2 for middle/upper jiao affectations).
- Si Ma points – along the stomach channel are #1 for any lung diseases, dermatitis of any kind, skin diseases of any kind. 3 points together used for each of the jiaos.
- Lower 3 Emperors

Tai ji holographic correspondences

1. Same height correspondence
Best is opposite side.
2. hand-foot clockwise correspondence
3. hand foot counterclockwise correspondence
4. hand body clockwise correspondence
5. hand body counter-clockwise correspondence
6. foot-body clockwise correspondence
7. foot-body counter-clockwise correspondence
8. head to hipbone and head to foot correspondence
Can do this on head – needle du 20 for throat pain. You could also correspond it with Du 1 using a different correspondence. You could change tactics again, using Du 20 to treat pain at the sole of the foot.
9. Front-back correspondence
 - Du 15 to treat hoarse voice for instance.
 - In Tung points there is Zhongshu 1010.07 between Du 15 and 16 for this as well, but best used for bleeding to treat n/v, Meniere's syndrome, loss of voice/muteness, **sequela of stroke where patient cannot swallow on their own.** After bleeding calms the nausea feeling. This is a front/back correspondence.
Chasing a related rabbit or two:
 - LI 11 and PC 6 are another way to treat Meniere's – can be used together or separately.
 - LI 11 can treat dizziness and vomiting because LI communicates with Liver, treating all kinds of dizziness.

Would this work for our can't swallow patient?



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- PC 6 can treat liver diseases due to the Jueyin connection between PC and LV.
Another connection between them connects PC and ST so you can treat Liver and Stomach with one needle.
- Because this area connects directly into the brain, can use it for brain stuff too.

Duijin/Imaging Correspondences

This is a holographic map of the body on the extremities, on the trunk. You can use this holographic map to map the whole body on the parts. You might map them right side up so that left shoulder can treat right shoulder, or you might map them upside down so that the fingers or wrist treat the shoulder. Regardless, if you're using the extremities as your correspondence map, be sure to use the elbows and knees as your middle points, so they represent the middle of the extremity (elbow represents knee, knee represents elbow, or either of them represent the navel of the trunk of the body). This is why LI 11 for instance can be used to treat problems around the navel.

From Dr. Liu's notes →

ST 31, as another example, can be used to treat the upper back in this correspondence. Lower leg can represent lower abdomen in another example. This is where Kidney gate is located and can be used to treat the lower abdomen. Toes could be used to treat genital area (Liver 1 and Spleen 1 used to control excessive menstrual bleeding or Liver 1 can be used for impotence as an example of this principle...or Bladder 67 used to induce labor.

Liver is also related to tendons and thus to the penis. Impotence comes from coldness often – Liver 1 can open the orifice and eliminate the coldness. Liver 1 is wood point on wood channel so is the best point to treat wood problems. ST 36 is the earth point on the earth channel and is thus the best for earth/Spleen/Stomach.

Taking the upside down foot/leg into account, toes can also relate to the head. Good point for headache is ST 43 for this reason. There's a better Master Tung point near ST 43 for this too. UB 65 excellent for occipital headache, tying in both the meridian and the toes to head correspondences. SP 6 can relate to PC 6 and treat similarly. Ankle can correspond to neck, lower leg to chest. The Achilles tendon point (just above calcaneus bone on posterior lower leg) treats stiff neck for this reason. Strong connection between Achilles and neck! Lower leg pain could be treated with SJ 6. Five tigers point treats finger pain, but also addresses toe pains.

A05 extra point very good for ankle pain. You can needle this point on opposite side of something like an ankle twist and then have the patient move the affected side. This treats pain – if swelling persists, use chi shao dou, a small red bean which you grind and make into a paste. Put the paste on the swelling, when it dries reapply. Takes the swelling down and helps the twisted ankle heal. Shouldn't take more than 2-3 days.

Body Tissue Correspondence

This is a principle from the Neijing:

Bone to treat bone

Also can be used to treat kidney which is related strongly to bone. **Bone to treat bone** says you go beside the bone, another theory says you touch the bone. You can also insert through a tendon and touch the bone, effectively treating both the Liver/tendons/wind and bone/Kidney.

Image of LIMBS to head and Trunk

Needled Area	Sick Image	Area Reverse Image
Finger/Toe	Testicles & anus	Top of head
Hand/Foot	Genitals, coccyx, sacrum	Head & base of skull
Wrist/Ankle	Bladder area/lumbo- Sacral area	Neck and neck joint
Forearm/lower leg	Lower abdomen, and lower back	upper abdomen, rib cage Chest, mid-upper back
Elbow/Knee	Umbilicus level/L-2	Umbilicus level/L-2
Upper arm/upper leg	Upper abdomen, rib cage, Chest, mid-upper back	Lower abdomen, and lower back
Shoulder/hip joint	Neck, jaw, base of skull	Genitals, coccyx, sacrum
Top of shoulder/top of hip	Top of head	Testicles & anus

A Study on Tung's Acupuncture

Heel pain for instance can come from heel spurs and can be treated with Ling gu – a bone/bone treatment. Could also insert at GB 31 and touch the bone.

GB 31 is called Wind Market. The Nine Miles point is along the GB channel. Nei Jing says all meridians come from the Gallbladder – that dude goes everywhere including the head. If you can't figure out what the hell to do for the patient, needle GB 31 first! Also a great point for heel spurs. Add Du 26 to communicate with the spine. If there are lumbar/cervical problems, add SI 3 and UB 65 for the lumbar especially.

Bone also treats Kidney. *Chronic disease should be treated by needling to touch the bone.* Chronic diseases always affect Kidneys. Along the bone we conduct information from the membrane of the bone down to the bone. The 3 points along the bone of the lower leg can treat bone spurs. GB 31 can treat bone diseases if you needle to the bone

Muscle to treat muscle

Also treats Spleen since it is in control of muscle. Also tonifies qi and blood. **Muscle to treat muscle.** Muscular atrophy is treated by needling thick muscle. Ancient work says atrophy is treated with Yangming channels. ST 40 area, LI in deltoid area, etc. Atrophy is deficiency + dampness. Yangming can treat both of these.

Can also treat spleen through muscle needling at the thick muscles.

Tendon to treat tendon

Treats liver issues since liver controls tendons. **Tendon to treat tendon.** Many Master Tung points almost or do overlap with TCM points. LU 5, for instance, can be used to treat tendon, but in the Tung points you bend the elbow and the high point of the tendon is the point. Insert *right* next to the tendon. This is also the water point of the Lu channel – strong manipulation here can sedate the metal.

Also very good for frozen shoulder. Needle this area with strong manipulation on the *same side*.

Usually for pain you needle opposite (because nerve systems cross to opposite sides of body), but *functional* problems are needled on the same side (because this is more blood vessel related and those run same side not opposite).

Tendon treats Liver as well as spasms and such. You can needle A0x points which are just below the tendon and close to the bone – treats wind problems, but close to the bone also treats dampness. Achilles tendon point just above the heel same dealio.

Vessel to treat vessel.

Direct theory example is bleeding. Another is insertion of needle next to blood vessel. You could bleed close to the elbow for heart problems or blood level problems. UB 40 to treat sores (skin heat) for instance. Liver 3, which has a vessel right under the area you needle, can treat heart disease for this reason. Critical patients in the hospital are checked for pulse at LV 3 in China. Same is true for LU 9 here.

Vessels can also treat heart problems at noted above.

Skin to treat skin.

Dermatitis can be treated with plum blossom for this reason. Always insert needle in a shallow position for dermatitis.

Skin can also treat Lung. Use a shallow insertion. Cough and asthma points on the chin are also very shallow.

A Study on Tung's Acupuncture

Channel Meridians Applications

The 14 channels correspond to the Master Tung points. Hand shaoyin and foot shaoyin communicate, for instance. There's also a point to point correspondence – you can use together, substitute one for another, etc. SJ 3 and GB 41 for instance. See below for a couple of examples.

HT	KI	PC	LV
8 →	2	9 →	1
7	6	8	3
5	3	7	4
3	10	4	5
		3	8
SI	UB	SJ	GB
1 →	67	1 →	44
12	66	3	41
3	65	4	40
4	63	5	39
5	62	9	34
6	60	11	31
7	57	14	30
8	40		
10	36		

Zhang Fu Bei Tong

14 channel meridian theory

Same Energy Attraction		
Taiyang (open)	Shaoyang (pivot)	Yangming (close)
Foot UB • Hand SI	Foot GB • Hand SJ	Foot ST • Hand LI
Hand LU • Foot SP	Hand HT • Foot KI	Hand PC • Foot LV
Taiyin (open)	Shaoyin (pivot)	Jueyin (close)

(You can find all of this information in the Therapeutics book that is the companion to the Points book.)

Look at the circuit above. This is the matching of the hand and foot channels. Taiyang is an opening point, shaoyang is a pivot, and yangming is a closing point. Yin evils start at the lower and move upper and always injure the yin. Taiyin and Taiyang, the outer edges, are the first attacked. They have similar functions and relationships. Foot taiyang communicates with the hand taiyin. Hand taiyang (SI) is tied to Foot taiyin (SP), both related to digestion.

A Study on Tung's Acupuncture

Frozen shoulder always related to taiyang and yangming. Kidney gate on the spleen channel (1.5 cun below SP 9) is effective for this condition because of this relationship. Actually, if you combine Kidney gate and SP 9 in a dao ma relationship, it's even more effective. (Also seems like bone/bone, bone/Kidney correspondence.) Needle KI gate, retain, then later add LU 5.

Shaoyang is the pivot point – hence those 1/2 inside, 1/2 outside things. Shaoyin is middle of yin channels also, alternating between hot and cold. Note that HT and GB are linked above. GB disease can also translate to HT disease. Heart in some writings is also related to sores that won't heal or sores that break out on the body *or* to itching all over the body. You could use Ht 8 for this. Heart controls fire, so this point could eliminate fire. However, in the book, *Five Transportation Points*, it is noted that if any disease changes the coloring of the skin, you need to use the Ying Spring point. Heart 8 is both heart, horary of heart, and the ying spring.

Gallbladder channel also goes through the ears. Not too many pages ago it was noted that the heart does too and you can bleed for insomnia for this reason. Another tie between Heart and Gallbladder. Taiyang channels go to the ears too and taiyang controls the surface – related to Lungs – which is why bleeding for dermatitis is effective.

Yangming is the closing. Yangming disease are always high fever and constipation, often psychological problems also. When you see psyche problems, needle yangming! High fever and extreme heat can generate internal wind. Convulsions, LOC are both possibilities. Jueyin and Yangming thus have similar functions. This is why you can use LI 11 to treat dizziness, a wind manifestation that is related to Liver. This correspondence is also why you can use PC 6 to treat nausea and ST 36 to treat heart (pc) disease (again with the knee joint to treat the heart). Using both channels together have stronger effect. This correspondence between LI and LV explains the 4 gates connection also. Sweet.

LU 5 and UB 40 are both bleeding points – correspondence between these channels too.

Dao of Dr. Tung

6 Tung's needling methods

6-1 Dong Qi: Active Qi moving needling technique

Needling of *distal* point so patient can move the affected area. See the handout for the how to specifics.

1. Find the painful area and choose your points.
Let's say the patient has left knee pain. Choose right side PC 6 or heart gate.
2. After insertion and arrival of numb/sore/distention, rotate the needle and ask the patient to move the affected part slightly.

In our knee example, have the patient move the affected knee. You can manipulate the needle every 10 minutes then have the patient move the affected area. Remember that one point can treat many different things – having the patient move the affected part sends the Qi directly to the area rather than scattering it to every other application!

3. When pain stops indicates the union of the point qi and qi of affected area. Qi of this area is dredged and balanced. Stop rotating the needle, retain or withdraw according to specific condition.
4. For chronic problems, can retain longer and rotate to lead qi arrival. Patient still moves affected point. If chest or abdomen is the affected area, use deep breathing or massage to guide to the area.

A Study on Tung's Acupuncture

6-2 Dao Ma: Point coupling needle technique

1. Find the main indication point.
2. Add a 2nd point – Ling gu and Da bai for instance. This is a neighboring point on the same meridian. If you choose a different meridian, *this is not Dao Ma!* Dao Ma enhances the treatment if you choose a point on the same meridian.

Note that while Ling gu and Da bai go together often, be sure of what you want to do and needle the primary application point first! In the case of 3 point combinations, needle the middle first, then the surrounding points.

3. You can combine this with the Dong Qi technique above and have the patient move the affected area. An example is Ling gu + Da Bai and then move the sciatic area.

6-3 Guiding needling technique

Great for pain of all kinds.

1. Select a distal point on the healthy side as your therapeutic point
You're looking for the shu stream point most of the time. Right side sciatica on the back of the leg for instance would use the left Ling gu and Da bai.
2. Select a distal on the diseased side to serve as a guiding point.
In the example above (right sciatica on back of leg using Ling Gu/Da Bai on the left) Qi will go everywhere applicable to Ling Gu and Da Bai points unless you guide it differently. Back of the leg is taiyang – you can add UB 65 as your guiding point (the shu stream) on the affected side.

If pain is both in shaoyang and taiyang areas on the leg, add UB 65 and GB 41 as your guiding points. Both are shu streams. This streams energy to both channels.

3. Manipulate the 2 points at the same time to create a therapeutic circuit, mutually guiding the energy between the 2 points.
4. Ask the patient to move/massage the site of the pain. Pain should remit quickly. If so, may not need to manipulate.

Another example: frozen shoulder in yangming area. Needle KI gate and LI 3 to guide. You can use this technique for 14 channel treatments also.

Terrific treatment for tennis elbow. Needle LI 11/LI 10 closer to the bone area on opposite side. Use same side Ling Gu (LI 3, the shu stream point) and Da Bai (for bone) as your guiding point. Tennis elbow always relates to tendon and bone and is on the yangming channel. Should have great results with a few treatments.

6-4 Depth of needle insertion

Secret of needle technique is depth of insertion. If for instance your ling gu and da bai don't work, it could be because you don't have them deep enough. Shallow is an impotence treatment! Every single point has 3 levels:

- Heaven – shallow, about 1/2 cun
Only treats locally. SI 3 needled shallowly will treat hand and shoulder.
- Human – middle depth, about 1 cun
Reaches more deeply. SI 3 needled 1 cun in depth affects the upper back.
- Earth – deepest depth, about 1.5 cun.
Wakes the internal Qi, reaches the furthest regions of influence.
SI 3 needled 1.5 cun in depth reaches sciatica and knee cap pain.

A Study on Tung's Acupuncture

PC 6 shallowly only treats tight chest. Deeper goes to stomach pain, deepest layer (earth level) will treat the knee cap.

6-5 Retention of needles to gain effectiveness

Master Tung often retained 45 – 50 minutes for best effectiveness. If shorter or longer, result is not as great. You need a warm comfortable place in order to make this work! If your patient gets cold or is uncomfortable you're not getting the best effect.

Some docs retain for 1 hour to 90 minutes for chronic diseases such as asthma, etc. with good result. This is not financially feasible for most practitioners.

All that said, 30 minutes works pretty well since that's a full cycle of energy through the meridians. Ergo, 30 - 45 minutes works for most applications. . .

Except Bell's Palsy which works better at 60 – 90 minutes and patient gets faster resolution. (ST 36 and 37 are the 2 best points for Bell's Palsy, 2 cun deep to eliminate the wind affecting the face.) You can also combine this with bleeding on the inner cheek.

Bleeding

When applicable, build up a blood congestion by squeezing the area, pushing the blood to the area. However on places like BL 40, Taiyang, inside of the cheek, etc can't do that. You should see a congested vessel in the area you can bleed. Be prepared for a major blood related event!

Regardless of where, blood should stop on its' own when it has bled enough. If you get a spurter it's because the problem has been going on a while and the stagnant blood needs to get the hell out of there.

Points Discussion

Finger Points

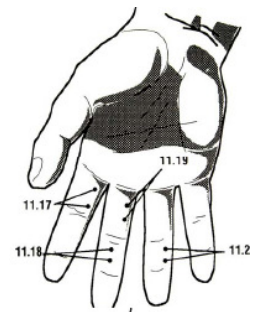
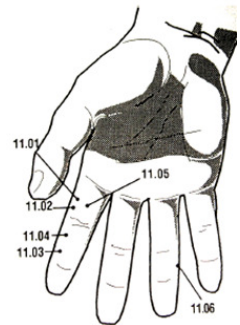
11.06 Huanchao

Insert along the bone, but aiming beneath the bone. Always used with gynecological problems and used in conjunction with Fuke. →

11.17 Mu or wood anger

On the D line of the finger (remember the C line is the middle line of the finger). Between the 2 joints, but is 2 points. Use the 1/3 and 2/3. Mostly you use only the lower point.

- Acute rhinitis: Have patient clean out discharge and immediately needle. If one sided congestion, needle opposite side. Great for common cold.
- Chronic rhinitis or post nasal drip: Works to improve post nasal drip, but really need to find the root and treat that. Can be combined with the 4 gates. Liver channel goes to throat area. LI goes to the external nose. For chronic problems or post nasal chronic, combine with root treatment points.
- Also treats dry eyes or running tears.
- Dermatitis in the palmar area – like cracks on the skin in the winter time.



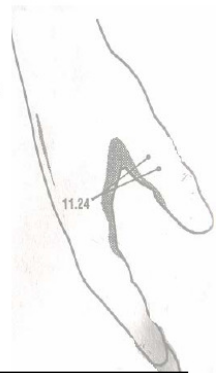
A Study on Tung's Acupuncture

11.24 Fuke

On distal interphalanges of thumb. Use the 1/3 and 2/3 location method. Not needled perp to point, but perp to line C or the dorsal side of the thumb. Needle into the muscle and along the bone. Combine with 11.06 huanchao on opposite side. Alternate sides next treatment.

- Any kind of gynecological problems.
- Infertility.

Combine with 11.06 huanchao on opposite side. Alternate sides next treatment. If you want to treat infertility, always have the husband do a sperm count test first. 30% of time it's the husband who has the problem.



Sidebar: 11.03/.04 is used in conjunction with 11.01 and 11.02. Don't have to use them all...pick a couple. This is for **hernia** treatment. Combine with LV 1 or 2. Combines upper/lower, zang/fu, hand/foot, branch/root treatment making a more complete treatment.

Creates a stronger body memory and communication. Also treats **prostatitis**, **urethritis**, **varicose veins in the testicle area** (all of which can contribute to **male infertility**). Bilateral points reduce pain rather quickly.

11.27 Wuhu (Five Tigers)

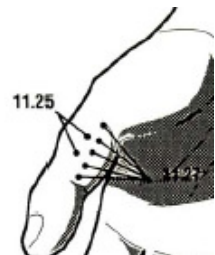
Little different in location than others. Wuhu points are between the 2 joints of the thumb. First, find the middle point. You can't exactly locate right in the middle because of that huge thumb joint. Find the line on the palmar side that runs right in front of the joint, not the the one that runs straight down toward the wrist.

1st tiger treats arthritis pain in the fingers. If you needle Wuhu 1, also needle SJ 5 opposite side. If only 1 or 2 fingers hurt, needle opposite side Wuhu 1 and use guide point Wuhu 1 opposite side.

Have the patient rest – pain in the body is a warning sign. Pain now is often from overuse and tightness (carrying too much, writing too much, typing too much, etc).

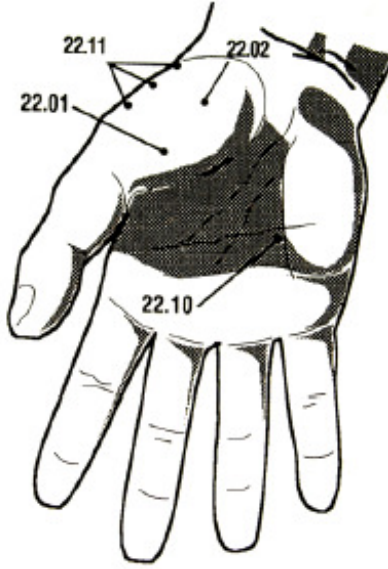
If there is more pain after a treatment, could be due to overwork in the absence and resulting giddiness of no/less pain. Kind of like what happens with cortisone shots.

Wuhu 3 for toes, Wuhu 4 for back of foot pain, Wuhu 5 good for heel pain and twisted ankle pain.



A Study on Tung's Acupuncture

Palmar Points (22.xx section)



22.01 Chongzi

Number 1 for upper back pain (scapular) and shoulder pain. Close your thumb and look at your thumb. Find C line on index finger and follow that down to the crease of the thumb right at the corner of the thumb joint. This is the location of Chongzi. To verify, look for the meeting of red/white skin, move toward center of palm by 1 cun. Needle 1 – 1 ½ cun deep. The thicker this area, the deeper you can needle. Gauge depth based on thickness of area.

In Western astrology this is the Saturn area. Thicker means stronger constitution. If the area is very thin, the blood is cool and others run roughshod over them. If the area is excessively thick, you're a bullheaded asshole and are driving the rest of us crazy.

Insertion to 1 to 1 ½ cun depth will treat fibroids in the uterus also.

Combine 22.01 with 22.02 for neck stiffness especially in the morning or after prolonged inactivity.

22.02 Chongxian

Upper back, shoulder and *neck* area, especially when combined with 22.01.

This combination is pretty tender. Have the patient cough and insert when they do so. Another technique, massage the point first to scatter the Qi.

There are 3 layers here – you do the 3 pushes to each depth, targeting the depth you want. The first thrust is heaven layer. Manipulate a little and go deeper to human level. Repeat and go to earth level.

Can also treat for opposite side finger spasms, chest tightness also (mirror side of the upper back – also works because this is along the Lung channel).

22.04 Dabai

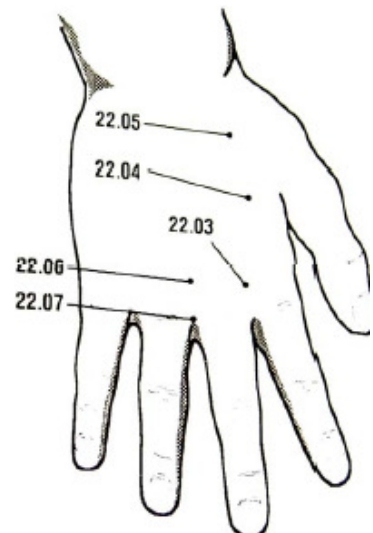
According to modern sources, this point is very close to LI 3, but insertion is closer to bone. (Traditional writings locate LI 3 at Dabai, actually). Combine the functions of Dabai with the functions of LI 3, the shu stream point and wood point of the LI channel. Can treat LI channel pain, wind disease. "Dabai" is "Big White" and is related to Lung channel. Good for pediatric or adult high fevers and common colds. High fevers might manifest with a bluish purple vein here. Also very good for treating pneumonia, headache, trigeminal neuralgia.

Also coupled with Ling gu point in a dao ma combination.

22.05 Linggu

Have patient hold hand like they are holding a bottle. Opens up the joint at the base of the 1st and 2nd metacarpal bones.

Can treat back pain, especially when combined with Dabai. #1 point for sciatic pain, both Taiyang channel and Shaoyang channel. Needled opposite from manifestation. Very effective for hemiplegia.



A Study on Tung's Acupuncture

Can be combined with either Kidney gate or with GB 31, depending upon location, though Linggu and Dabai remain the primary points in combination.

Use opposite side Linggu as the guiding point for tennis elbow.

Use for opposite side heel pain.

Lower back pain + inguinal area pain along Liver channel, i.e., all around hip bone area.

Tx dizziness and headache also.

This point has a metal/water association because it is along the LI channel area. Can thus be used to tonify kidney, treating such things as chronic cough or asthma. Breath always related to metal and water. Lung controls descending – if it doesn't the Lung descending function may be off. Water is the receiving component of breath. If KI qi fails, same shortness of breath or lack of *depth* of breath. Without KI function in tact, hear deep breathing, but patient always feels air deprived and the voice will be soft.

Helps with shoulder weakness, loss of range of motion.

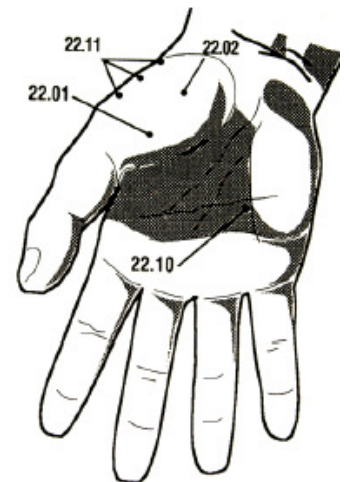
22.11 Tushui

(Not in handout). This is a 3 point combination along the 1st metacarpal bone and the middle point is LU 10. English translation is “fish belly.” Most of the time you only use the middle point in the combination. “Shui” is water, but is related to coldness. Treats SP and ST coldness causing chronic diarrhea, loose stool. (In acute enteritis a bluish purple vein will pop up here.)

Very good for asthma also. This is the Ying Spring point for the Lung Channel, and these always treat external attack. Combine with Sanchasan for common cold, needling sanchasan. If patient also has a headache, combine with Dabai. LU 10 and SJ 2 combination is for sore throat, but the function is not as strong as LU 10 and Sanchasan.

(Sanchasan was not in the original Master Tung book, but Dr. Young says he used it a lot. As a matter of fact, that's what that whole back section is in his book.)

Treats any kind of stomach problem, opposite side palm pain.



Points on the Forearm (33.xx points)

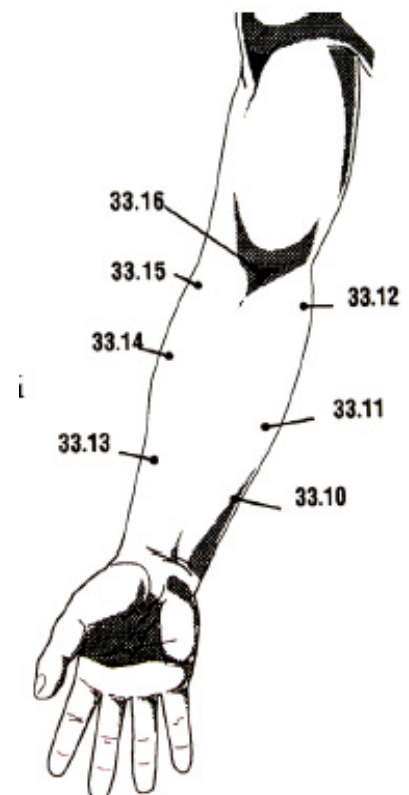
(Not shown all that well in the diagram – should be a shot from the posterior/lateral aspect of the forearm.)

33.10 Changmen

Combine with Ganmen 33.11 for acute hepatitis (damp heat).

By itself, treats acute diarrhea. Better is Menjin (66.05), a point near ST 43, can also use LI 11 as a TCM treatment. Needle both bilaterally and you have a good 4 needle treatment for acute enteritis/diarrhea. If enteritis is combined with vomiting and diarrhea. You can also use PC 6 for nausea/vomiting in combination.

PC 7 treats bad breath, oral sores. PC 5 for hiccups. PC 6 for nausea/vomiting....Stomach problems treated by Pericardium channel.



A Study on Tung's Acupuncture

33.11 Ganmen

Liver Gate. Often used with 33.10. Major treatment for acute hepatitis in this combination. Upper 3 yellows will treat chronic hepatitis. 33.11 will treat lower leg cramps...almost equal to BL 57. Cibai (A06) can also be used for leg cramps and Dr. Young likes it better than Ganmen for this. Acupressure at Cibai works, but takes about 10 minutes – needling is quicker.

33.12 Xinmen (Heart Gate)

In a depression on the medial side of the inferior ulna, 1.5 cun (3 finger widths from the tip of the elbow, 2 fingers from the flare of the bone) distal to the elbow. Insert below the bone.

Treats heart disease: tachycardia, tightness of chest, chest pain, palpitations, irregular heartbeat. Also very good for knee and sciatica pain. (Best for taiyang area sciatica – also treats inguinal area pain + sciatica, though Linggu/Dabai is better.)

Works for tailbone/coccyx pain also (i.e., from falling on it). You can also use Du 19 and 20 for this, though Dr. Young says Xinmen 33.12 works better.

Treats any kind of ankle pain as well. This is a microsystem application, superimposing the body onto this bone.

Remember if you need a guide point, use the appropriate Shu Stream.

Points on the Foot - 66.xx

66.03 Huoying

Also known as LV 2, ½ cun from the webbing of the toes between MTP joint 1 and 2. Related to heart fire. This point can strengthen the heart, treats unconsciousness, treats palpitations, and for placenta failing to descend.

Treats lockjaw and difficulty opening the mouth (66.04 and 66.03 is more potent treatment than local treatment). Jaw is related to LV channel (due to tendon open/close). Combine with 66.04 which is close to the bone and treats any bone degeneration associated with jaw problems. Jaw problems are a wood (tendon) /earth (muscle) disharmony.

Delayed labor due to malplacement of fetus: ST 44, UB 67 + Huoying and SP 6. (Anecdotal insertion by Dr. Young.)

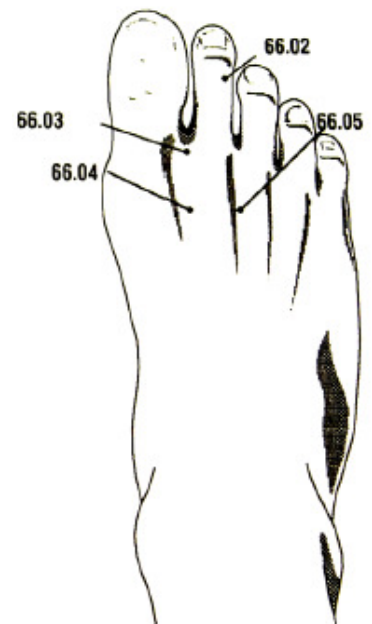
Fibroids in the uterus when combined with 66.04. Note that might feel coccyx pain with uterine fibroids, uterine hematoma, tilted uterus, anything that presses down on the nerve and gives a sort of phantom type of coccyx pain. Use Fuke for this which addresses tilted uterus (also can cause coccyx pain) and all other kinds of gynecological problems.

Can eliminate fire, as can 66.04

66.04 Huozhu

Zhu means master. This is the master of the heart (because of hand and foot jueyin intercommunication) and will treat heart disease. Needle by the bone. This is just about LV 3 in location. This is the earth point on the wood channel so will treat wind, dampness, and coldness. Use Huozhu and LI 4 for heaviness in the 4 extremities for this reason.

Psychological whole body pain can be treated with 4 gates.



A Study on Tung's Acupuncture

Can eliminate fire, as can 66.03. Very good for chronic sore throat. (SJ 2 or Sanchasan + LU 10 also, as previously mentioned, for acute sore throat).

Treats LV/Sp disharmony also. Especially good for emotionally created problems like nervous stomach, irritability affecting stomach, etc. Can also treat dizziness because of the liver/wind association.

Bell's Palsy, sedate huozhu. Don't retain needle too long, but do a strong sedation technique. Add ST 36/37 for Bell's Palsy. Works because the channels go around the mouth, because LV channel goes through the inside of the oral cavity. Very similar to bleeding the inner cheek for Bell's Palsy and can be substituted for that.

Treats hernia, painful urination, genital pain, inguinal pain because the Liver Channel goes here too. Treats any wood/earth disharmony. Insert needle along the bone. Because it's right beside bone has a Kidney and therefore water association.

66.05 Menjin

Posterior to ST 43, inserted close to the bone. Has the same associations as ST 43. Good for acute or chronic diarrhea. Sometimes acute diarrhea is combined with cramping – wood failing to soothe the earth. Shu stream point in this case can stop the pain. Chronic diarrhea, however, like early morning diarrhea is associated with cold. When you insert the needle here close to the bone you are treating bone/kidneys, hence the application for chronic diarrhea.

Good for temporal headache, distending sensations due to Qi, stuffy nose (foot yangming channel can treat the hand yangming which goes to the nose). Good for menstrual cycle cramping (due to wood/earth disharmony). Can couple 66.05 and ST 44 in a daoma combination.

Lockjaw also.

Sidebar:

Why do the Yin channels start at the Jing Well point at wood and the Yang channel start at metal? Yin channel energy ascends (wood/fire elements) and Yang energy descends (metal/water elements)

Points on the Leg - 77.xx

77.01 Zhengjin

Have patient lie face down and hang foot over edge of table. You want the foot to be at a 90 degree angle. Too much more angle and the tendon will be too tight for insertion.

Patient will not feel pain unless tendon stretched too tight or you use a needle that is too thick - 30 gauge is best.

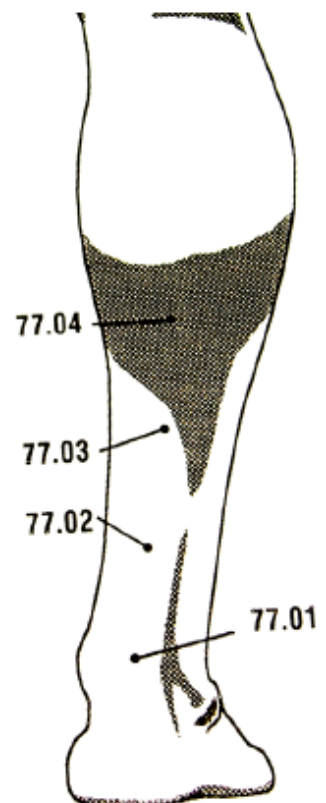
This is tendon to treat tendon application so good for stiff neck, all kinds of cramping problems. UB 57 is similar for leg cramps but this point will treat even stuff like stomach cramps.

Good for acute back strain, brain issues (such as water edema on the brain after trauma).

Add a point 2 cun proximal to this point for a dao ma combination to enhance point function.

Group 77.05 – 77.07 together.

77.05 Yizhong



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GB 39, but 1 cun anterior to the fibula. 3 point combination. Shaoyan controls wind, Yangming controls wind/dampness. This grouping treats wind/phlegm problems, thus treats Bell's Palsy (ST 36/37 probably preferable treatment).

Breast or neck area problems – inflammation and tenderness, growths, etc.. Needle opposite side or bilateral for breast problems. Thyroid problems such as swelling of the thyroid. Nodules on the neck relate to Shaoyang – wood/earth disharmony. Zhi Gan Cao Tang could treat this herbally – good for eyes bulging from thyroid syndrome. People with this syndrome often have irregular heartbeat. Might need to add xia ku cao or zhi bei mu and sheng mu li to dissolve phlegm nodules in conjunction with this formula. Add 77.07 Sanzhong.

For spleen problems, needle on the right.

77.06 Erzhang

77.07 Sanzhong

77.08 Sihushang

3 cun inferior to ST 35 on lateral tibia

77.09 Sihuzhong – Center of the Four Flowers

4.5 cun inferior to 77.08, so 7.5 cun below ST 35 and 1.5 cun lateral to the tibia. ST 40 is in this general vicinity.

If you bleed, go further away from the bone, but if you are going to needle, needle close to the bone. Needle for difficulty raising arm and shoulder pain. If for wrist/finger pain, do same side.

Sihuhuai is better for bleeding – 0.5 cun below, like ST 38. ST 40 is also very close to this location. All suitable for bleeding. You don't need to pinpoint the location, but find the vein in the area.

Bleeding here is good for lung disease (TB, water retention, emphysema, asthma). Also for heart and blood disease, all kinds of heart disease. Chronic stomach problems too (since it is along the stomach meridian).

77.14 Sihuwai (Four Flowers Lateral)

See notes. Didn't get this.

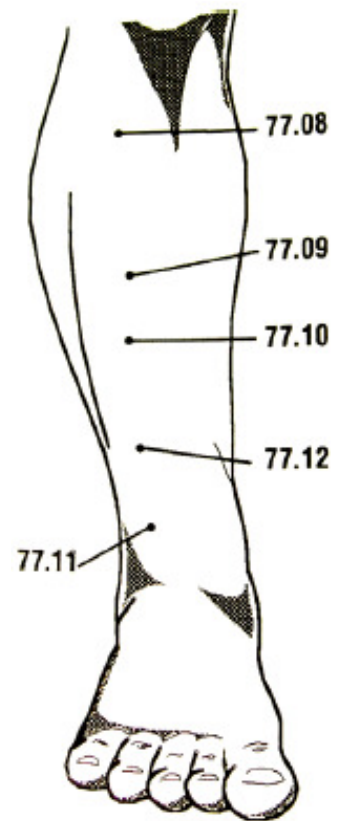
77.17 Tianhuang (Heavenly Emperor)

Same as SP 9, but different application/indications, so different name.

This is the water point on the earth channel. Tonifies SP and KI, treating both pre and post natal problems.

#1 point for frontal headache. Also good for HTN, heart disease. SP 9 indications apply too, treating dampness, fullness feelings. Includes upper, middle and lower jiao treatments (since it touches metal, earth, and water channels). Good for shoulder and neck pain.

Water point on the earth channel so treats earth/water diseases like proteinurea and diabetes (b/c in TCM diabetes = sp/ki xu). Difficult urination – combine SP 9 and ST 36 to make the waters flow well. This earth failing to control the water, usually from Sp xu. KI xu caused by SP xu can be treated with this point.



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What about frequent urination due to Ki xu? Sp Qi interferes with KI qi, so you use Tianhuang. Sometimes combined with n/v which means the Ki funx is interfering with Spleen. If ki xu causes spleen sx, then you needle earth point on the water channel – KI 3. So SP 9 + KI 3 will treat uremia.

If a problem manifests in deep muscle, think Spleen; if on the bone, think Water and Kidneys; if by blood vessel, think about heart and fire. If renal problem, relates to water and earth controlling it or not. Think Five Element thoughts.

77.18 Tianhuangfu (Kidney Gate or Shenguan)

1.5 cun distal to SP 9. Because this point is “shenguan” is then related to KI back shu, BL 23. Can function as BL 23 and thus can tonify the Kidneys. Also tonifies Liver and Spleen. Always use this point together with 77.17 Tianhuang in a dao ma combination.

Shenguan can enhance the function of 77.17 Tianhuang. Together these points help treat rebellious stomach and acid in the stomach. Will also treat diabetes. Also an effective point for shoulder pain, frequent urination (as well as from enlargement of prostate). Focus on Tianhuang point for frequent urination, however.

Hemiplegia can be treated with these points plus GB 31 and GB 32.

Always combined with 3 cun below point, Dihuang 77.19, or with 1 cun above SP 6, 77.21 or Renhuang. These together are the lower 3 huang/emperors.

77.19 Dihuang

Point is located between Tianhuangfu and Renhuang, but the location is not exact. You can fluctuate 3 cun above or below the mid point between 77.17 and 77.18 because Spleen and Liver and Kidney are crossing each other in this area. No matter your location you're going to get one or more of these channels! As a result you can affect all 3.

Naming goof:

Normally you find heaven above, human in the middle and earth below. This point sequence has heaven, earth then human. Dr. Young says this is a mistake but we will continue to do it this way in deference to Master Tung.

77.21 Renhuang

First locate SP 6 a little differently – 3 cun above the upper border of the ankle bone rather than at the high point. Now go proximal from this point by 1 cun.

Depression, psychological problems, gynecological problems, sexual dysfunction and reproductive dysfunction can all be treated by the 3 emperors. For chronic conditions can be needed to regulate whole body.

Treats Spleen, Liver, and Kidneys simultaneously.

Go the website for a clear explanation of the naming.

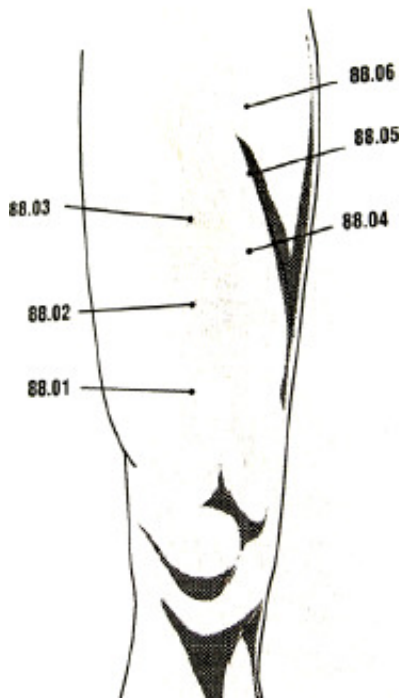
77.22 Cesanli

Good for trigeminal neuralgia, migraines, toothache, facial paralysis. Most of the time used with 77.23 as a dao ma combination. Can use for wrist pain, wind and phlegm problems. Close to shaoyang channel. ST 36 and ST 37 for facial paralysis or you can use 77.22 and 77.23. You can alternate between these 2 groups during a course of treatment.

Locate the 88.01 tongguan point, 5 cun above the knee crease, but proximal to the midline of the anterior aspect of the leg.

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Points of the Thigh - 88.xx



88.01 Tongguan

5 cun above the level of the knee crease on the anterior midline of the thigh.

88.02 Tongshan

2 cun above 88.01.

88.03 Tongtian

Group below (tongshen, tongwei, tongbei) treats any kind of KI disease.

Treats water edema – face or whole body – because is along the Spleen channel. Ren 9 is the point for edema in TCM. Remember that navel is always correspondent with knee/elbow. You tonify earth (SP) in order to control water (KI) in this case. Can use for pregnant patients. Combination treats Ki xu causing back pain.

88.09 Tongshen

Treats back pain, safe for preggers.

88.10 Tongwei

Good for pregnant women – treats stomach pain. Also calms fetus.

88.11 Tongbei

Grouping below treats Liver and Spleen diseases such as cirrhosis, acute/chronic hepatitis, eye problems, **Parkinson's disease (use the Upper 3 yellows plus Shenguan point)**, any kind of blood disease (including leukemia, low WBC count).

Cervical bone spurs: GB 31, UB 65, DU 26, SI 3. Lumbar bone spurs: GB 31, DU 26, SI 3. In severe cases, bleed in UB 40 once per week or once per 10 days.

88.12 Minghuang

Between knee crease and inguinal area along the liver channel on the center of the medial aspect of the thigh. Can thus treat liver problems.

88.13 Tianhuang

3 cun above 88.12

88.14 Qihuang

3 cun below 88.12.

88.14, 88.15 and 88.16

88.15 is 1.5 cun superior and 88.16 is 1.5 cun inferior to Qihuang 88.14. Combination is good for gallstones and cholecystitis and other gallbladder system disorders. Bone spurs in the heel too.

88.17, 18, 19 (Four horses)

Upper middle and lower treat lung diseases of all kinds: asthma, chronic cough, nasal problems, dermatitis. To find the point, find the middle first: draw a straight line upward from the lateral corner of the patella, find where GB 31 meets it and this is the middle point.

Back and ribcage pain, tonification of Qi, skin allergies.

88.25 Zhongjiuli

Same as GB 31. Use for whole body aches. Very thick muscle, so can use to strengthen other muscle and Spleen. If you needle deep enough to touch bone you treat KI and bone as well.

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Ear Points - 99.xx

99.07 Erbei

Back of the ears. Look for a bluish purple vein. Should bleed well if the vein is visible there. If the tissue here is thick and smooth it should bleed well too. If not, you will have to massage it more to bring the blood up. Treats hypertension and sore throat, facial pain.

Ear apex

Use with bleeding to treat insomnia, dermatitis, Bell's Palsy, sore throat and common cold, fever. Taiyang channel goes to the tip of the ears and goes to UB 1 and 2 and meets Du 20 (which is why UB 65 is good for the vertex headache). Taiyang controls the exterior and common cold always relates to it for this reason. This is also why it works for dermatitis – that and the connection to the heart going to the ears. Also treats excess sweating. Kidney opens the orifice of the ears – point connects Heart and Kidney and treats insomnia related to this.

Because related to Taiyang/Bladder channel bleeding here also treats sciatica pain. You could also use BL 40 with bleeding for the same reason channel correspondence reason.

Can also use the Master Tung point between Du 15 and 16 for insomnia as well as difficulty swallowing and loss of voice, nausea and vomiting when you bleed it. Don't needle as there is a possibility of needling into the brain.

1010.19 and .20 Shuitong and Shuijin (water through and water gold – also called water and metal)

Best points for asthma. Treats earth/metal/water together. Stomach channel goes thru this area. For coughing and asthma use these points plus Tushui point (LU 10).

You could also use LU 5 rather than Tushui because it is the water point on the metal channel, getting both of those elements as well. LU5 is also the He sea point which treats rebelling Qi which for lung is asthma and cough.

Nausea and vomiting is qi rebellion of the stomach. Difficult urination is the qi rebellion of the Kidney. Liver yang rising is qi rebellion of the Liver channel.

Shuijin descends the Qi not just for cough, asthma, hiccup, but can also strengthen the Yang energy (code word for increasing sexual function!). Amenorrhea point is KI 4 because Ki channel can nourish water/ body fluids and source fire. You can also use ST 25, the FM for the Large Intestine. This treats LI and Stomach – the yangming which is good for qi and blood xu. Dr. Young needles Ren 24, meeting point of hand and foot – Stomach and LI meet in this area. Ren 24 is also the final point of the Yin channel, but functions rather like a jingwell point for Ren. Chong and Ren treat period issues so you can use Ren 24 to open Yin orifices, but also tonifies Yangming channel. Thus: treats dysmennorhea.

A04 Sanchasan

Strengthens the spleen, eliminates fatigue, treats weak muscles and eyes. If you needle properly, almost reaches HT 8 so treats excess sweat and itching. With one needle you can thread to many points – SJ 3 for instance and zhongbai and ciaobai. Fatigue at the upper legs/thighs. Also treats sore throat and common cold.

If a person loses a lot of weight can impact the spleen and they have a hard time opening their eyes, keeping the lids up! Use this point.

Needle below the tendon, next to the bone. Tonifies spleen, liver and kidneys. When you insert a needle you can reach to SJ 3 which is the shu stream and tonifies qi which is why it strengthens the spleen. Can see the blood vessel here – so it can strengthen the heart.

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A05 Xiaojie

Hold the thumb, insert toward PC 7. Special effect for ankle sprain. Bone to treat bone also. This is along the hand taiyin channel which communicates with foot taiyin to treat medial ankle injury. This area is the Spleen and Kidney area on the ankle.

Treats any kind of back or chest pain.

Treating stroke:

If patient is less than 60, less than 1 year since stroke, good prognosis. Above 60yo not so good. Chances are good they have had more than 1 stroke. More difficult to treat these people. People that have flaccidity of muscles are easier than hypertonic muscles. Use bleeding for hypertonic curled up muscles. Needle opposite side if less than 3 years since stroke. If longer, needle both types. Bleed or sedate at LU 5 for hypertonicity and tight muscles/tendons in the arm after a stroke. Probably have to do this several times, especially if it's long term.

A Study on Tung's Acupuncture Pain Management with Tung Points

First use distal (hand/foot) points. These have a soothing function, balance function. There is also better muscle memory here and it's safer than working with local points. When treating pain need to regulate essence and qi. Remember the Dong Qi techniques, Dao ma, and guide points.

You must figure out the pattern identification.

Causes of Pain

- Bu Tong Ze Tong
Pain due to blockage/stagnation. Needling opens it up to release pain.
- Bu Rong Ze Tong
Deficiency can also cause pain.
- Bu Song Ze Tong
Tension causes pain also. This could be due to heavy work or due to computer work. Both cause tension and pain. This is a lack of relaxation. Fatigue pain due to over-use. This requires rest. Remind patients that even though they feel good after acupuncture, they need to rest. Pain is a signal to the body that something is wrong!

Cold foods, bananas, papaya and sweet rice will actually increase pain. Cold causes constriction and thus more pain. Bananas because of potassium. Sweet rice because difficult to digest so Qi hangs out here, damaging and overworking the ST channel. Beans and seafood will create acidity and will thus cause more pain.

If all needles hurt upon insertion could be that your patient has had insufficient sleep. This makes the body hypervigilant.

Condition of cold in the body can cause greater sensitivity to cold also.

Sidebar: chicken is hot and duck is cold. If you eat too much duck you can induce cold into the body. Chicken is also related to wind and can exacerbate dermatitis. Fire blazing outward causes itching. Focus on wind and fire to treat the itching.

If qi and blood are fighting each other there is pain. For all kinds of pain, calm the fighting! Frozen shoulder must be moved in order to free it up for instance. Make the circle exercise with the arm clockwise then counterclockwise, crawl the wall exercise, crawl up the back exercise if loss of range of motion is in that direction.

- Needle GB 34 for these things too.
- Can also sedate LU 5.
- Shenguan point for failure to lift arm up and down.

Etiology of Pain

- External factors
Wind/damp/cold for instance. Damp → heaviness, coldness → pain, wind → spasming pain.
- Internal factors
Could be diet causing cold in the body. Can also induce damp heat. Example is gout which happens as a result of a diet high in protein, organ meats, peanuts, mushrooms, beer which makes gout so much worse. Usually starts at big or middle toe.

1) Use middle Wuhu point. 2) Also sedate Spleen/Stomach damp heat. Needle same side ST 36 deeply and retain 10-15 minutes. Stimulate strongly then withdraw to the human level. Wait a bit, withdraw the heaven layer and do it again. (This is a 3 motion pattern to sedate which is rather

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the opposite idea of thrusting 3 times to induce heat.)

- Neither external nor internal factors

Timing of the Disease

For **acute** symptoms, use the xi cleft point for the affected channel, as acute problems are good for acute problems and pain. For example, if you have sudden heart pain and never had it before, needle HT 6 which is the Xi cleft of the Heart. Sudden stomach spasms, needle ST 34. Etc.

Needle more deeply on the Xi cleft points to treat internal organs. Deep insertion cleans out deep pain in the body. Strongly stimulate and continue until patient just can't take it! Keep the needle in longer – even an hour if you can do it. Treat appendicitis, gallstone pain, etc this way. Xiaobaixue for kidney stone pain.

Look up the Tung points for Ki and gallstone pain. On the dorsum of the hand.

Chronic pain requires shu stream points.

Location of Pain

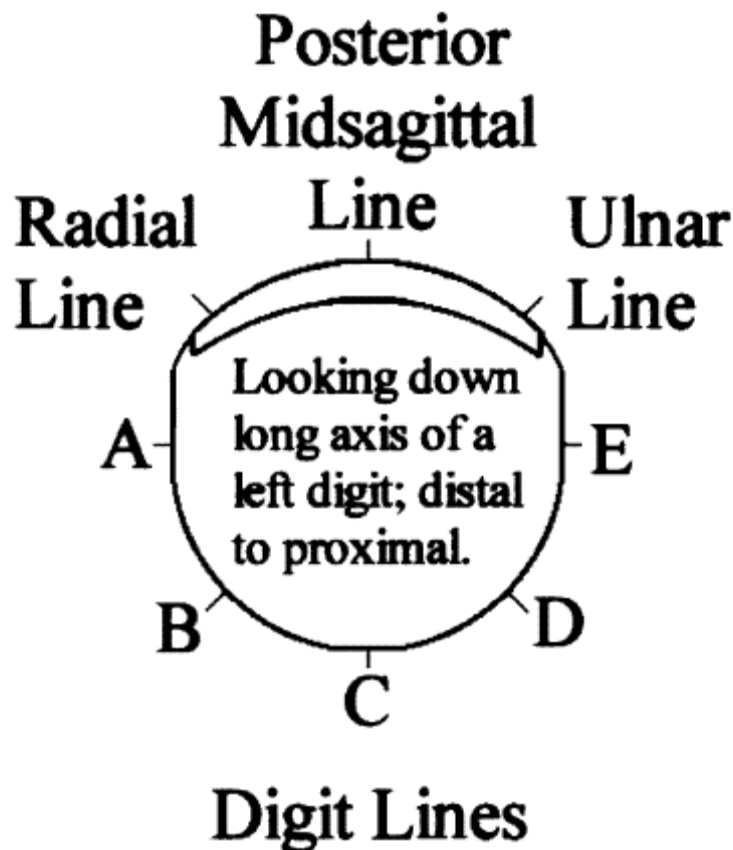
In skin, vessel, tendon, bone? Use same tissue correspondence once you figure this part out. You also need to know what channel the problem is on. Needle that shu stream point, the internal/external luo. Shoulder pain for instance is SI and LI. Can needle shenguan point because of SI connections.

Some people need rest, some need to move. Gotta watch diet too. Gotta watch your own temperature too – getting too cold? That will make cold worse. Headaches for instance can sometimes be treated by putting cold feet into warm/hot water that reaches above SP 6. Cold at the bottom will cause pain at the top.

Please note that greasy food can be a kiss of death for pain conditions as well as a lot of others. This is also pretty bad for people that have cough and phlegm.

Appendix 7

Digit Lines



A depiction of the digit lines used to locate the points in Region One - One. The viewing reference is down the long axis of a digit on the **left** hand, from distal to proximal. The reader is reminded that the lines are reversed on the **, right** hand; remember that the 'Radial Line' and 'Digit Line A' are both located on the radial side of the digit, and that all other lines are located with reference to this fact.

'Digit Lines A' (radial) and 'E' (ulnar) are located at the demarcation of the ventral and dorsal surfaces ('red and white skin').

'Digit line C' is along the ventral midsagittal plane and the 'Posterior Midsagittal Line' is of course along the dorsal midsagittal plane.

'Digit Line B' (radial) is located midway between 'Digit Line A' and

'Digit Line C'; 'Digit Line D' (ulnar) is located midway between

'Digit Line E' and 'Digit Line C'.

The 'Radial Line' is located midway between 'Digit Line A' and the 'Posterior Midsagittal Line';

The 'Ulnar Line' is located midway between 'Digit Line E' and the 'Posterior Midsagittal Line'.

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Appendix 8

Dao Ma Technique

Significance

Dr. *Tung ChingChang* was a link between the ancient past and the future. The 700+ extraordinary points he handed down serve as the basis for his erudite, far-reaching, and profound *DaoMa* system of acupuncture therapeutics. His style has had a great impact on acupuncture therapeutics as practiced on Taiwan, thus making him one of the paramount acupuncturists of the last 300 years.

Of the 700+ extraordinary points utilized by Dr. Tung, approximately 60% of them were organized into and used as *DaoMa* groups. His rationale for doing this was his belief that chronic illness gave rise to *BiZheng*. He observed that using only one or two needles to treat it (*BiZheng*) did not provide the clinical efficacy he sought. He concluded that one or two needles simply did not provide the therapeutic punch needed to address these recalcitrant problems, thus he developed his three needle *DaoMa* technique.

The *DaoMa* system utilizes three needles in different configurations (namely: Three Continuous, Three Transverse and Three Triangular needles) to address a myriad of disorders and is flexible enough to adapt to virtually any clinical situation. These *DaoMa* groups are, by and large, composed of the extraordinary points used by Dr. Tung, though one will occasionally encounter *DaoMa* groupings of points found in the 14-channel (Dr. Tung did make use of the other traditional channel points). Because 60% of the 700+ extraordinary points utilized by Dr. Tung were organized into *DaoMa* groups, one can see just how important and clinically effective this needling technique was for Dr. Tung.

Effectiveness

Based upon his extensive research, Dr. Tung discovered that by using three needles, instead of one or two, he could effectively free, unblock or promote free flow (*Tong*) in the organs of the entire body. Using three needles in a *DaoMa* group increases the strength and the force of the *DeQi* sensation. This in turn exerts a systemic influence to 'Open' the *SanJiao*, harmonize and regulate all the *ZangFu* and thereby strengthen the overall efficacy of the acupuncture. Dr. Tung's *DaoMa* system effectively treats the whole body, which embodies the essence of traditional Chinese medical thought.

Properties

Promotes free flow within the SanJiao

Because this technique employs three needles simultaneously, it very powerfully promotes 'free flow' throughout each of the three *Jiao*. This freeing of the *SanJiao* thereby increases the breadth of treatment to affect all bowels and viscera. Affecting all *ZangFu*, unlike TCM acupuncture employing one or two needles to address only one *Zang/Fu* at a time, enhances the overall efficacy of each acupuncture treatment.

Holistic

The etiology of many complex disorders is not simply due to a pathological change in a single bowel or viscus. Predicated upon the holistic relationship of the bowels and viscera, any pathological change in one must, by definition, affect all the others to some degree. Because the *DaoMa* technique frees the *SanJiao* thereby affecting all *ZangFu* simultaneously, it is particularly holistic. This is especially true because the *DaoMa* technique treats, adjusts, and regulates the circulatory, respiratory, digestive, reproductive, excretory, endocrine, etc. systems

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simultaneously. This in turn brings to bear the full power of acupuncture by expanding the scope of systems treated and enhancing the overall clinical efficacy.

Strong therapeutic effect

Dr. Tung's *DaoMa* system utilizes three needles to bring about its therapeutic effect. This treatment method expands the comprehensiveness of an acupuncture session beyond one *Fu*, one *Zang*, or even one area for that matter. It directs treatment at the whole body and coordinates the functions of all the *ZangFu* simultaneously. Clinically, because this technique employs three needles in a given region, it increases the overall *DeQi* sensation and achieves the desired therapeutic results much more quickly.

Simplified Needling Technique

Dr. Tung did not discuss TCM needling techniques such as flicking, pecking, flying or pulling nor did he emphasize needling techniques for draining or supplementation. Paramount for Dr. Tung was twisting the needles to strengthen the overall *DeQi* sensation under the influence of the needles.

Dr. Tung felt supplementation, draining, or other needling techniques rendered the entire body of acupuncture therapeutics unnecessarily multifarious. He felt opinions varied considerably due to a general lack of an integrated, unified, clear and concise theory of acupuncture therapeutics; furthermore, he was of the opinion that when executing these manifold needling techniques, the actual clinical picture was often so complex that it was difficult to correlate the diverse theories with the actual clinical situation. Thus, in Dr. Tung's *DaoMa* system, one need not be overly concerned with these draining, supplementation, flicking, pecking, flying pulling, etc. needling methods. Rather, one need be primarily concerned with obtaining *Qi* (*DeQi*) and then strengthening the overall needle sensation (twisting the needles) to enhance the efficacy of the acupuncture session.

Low Risk

The majority of points employed in Dr. Tung's *DaoMa* systems are located on the head and extremities rather than on the back, chest or abdomen. As such, this system avoids perpendicularly needling those areas deep to which lie the anatomic *ZangFu*. By avoiding said areas, the risk of accidentally puncturing one of these structures is virtually nil. This is not to say that points on the back, chest, or abdomen are not employed in Dr. Tung's acupuncture- they are, but points in these areas are more often bloodlet with a three-edged needle rather than needled with a filiform needle. When points in these areas are needled with a filiform needle, they are often needled subcutaneously from medial to lateral.

DaoMa versus QiCi needling method

Concerning *QiCi* (one-either side needling – one of the twelve needling method), the *LingShu* states: "*QiCi* – straight in one needle, either side two needles, treats *Cold Qi* of small shallow depth'. Basically, the *QiCi* needling method calls for inserting one needle in the center and one needle on either side of the first, for a total of three needles. This method is employed to treat *Cold Qi* (*HanQi*) which has only penetrated the superficies of the body. Predicated upon the above, one can readily see that the scope of the *QiCi* needling method is rather limited. The *QiCi* method, along the other similar techniques using 4 or 5 needles (*YangZhen*, *PangZhen*, etc.), are used to treat small areas affected by *Cold* and *Impediment* patterns. These methods are, for the most part, used to treat muscular rheumatism and joint pain, of the wind-damp type, trauma such as sprains and strains, and tendonitis. When utilizing these methods, the needles are inserted or applied locally; generally, needles are inserted at the site of the affected tissue. While it is true that Dr. Tung's *DaoMa* system like the methods described above makes use of three needles, several significant differences exist to distinguish Dr. Tung's *DaoMa* system from these others. These distinguishing features are as follows:

1. Distances between constituent point

QiCi Method: the first needle is inserted in the center of the affected area, with the second and third

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needles applied 2 to 5 *Fen* to either side of the central needle.

DaoMa system: the three needles are generally applied to sites located at a distance from the affected area. Because of this fact, the distances between the three needles vary considerably and are predicated upon the region selected for treatment. The distances between the three needles may be as close as 2-3 *Fen* or as far as 4-5 *Cun*.

2. Principal scopes of treatment/indication

QiCi method: according to tradition, this method primarily addresses sore-achy types of pain, especially due to 'Impediment' pattern.

DaoMa system: in addition to addressing the sore-achy types of pain due to 'impediment' patterns, this system also addresses pathological changes in the *ZangFu*, e.g. pathological changes of the liver, use *ShangSanHuang*; pathological change in the heart, use *SanXinShen*; pathological change in the kidney, use *XiaSanHuang*.

3. Location of treatment points

QiCi method: points are needled at the site of affected tissue, with the principle needle inserted at the center of the lesion. The two adjunct needles are inserted on either side of the principal needle, also at the site of the affected tissue.

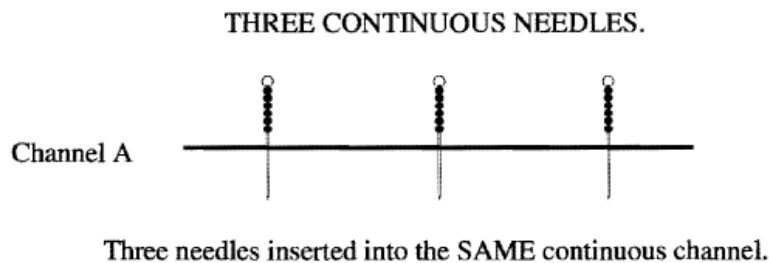
DaoMa system: the majority of *DaoMa* groups selected for treatment are located some distance from the tissue, or *ZangFu* being treated. Dr. Tung's *DaoMa* system often applies an Up-Down-Right-Left balancing method when selecting specific *DaoMa* groups for treatment. Conveying the gist of this Up-Down-Right-Left balancing method is most readily achieved by example: if the right hand has pain, select a *DaoMa* group on the left foot. If the right foot has pain, select a *DaoMa* group on the left hand. If the left antebrachium has pain, select a *DaoMa* group on the right leg. If the left leg has pain, select a *DaoMa* group on the right antebrachium.

Needling configurations

There are three primary needling configurations employed in Dr. Tung's *DaoMa* system, namely: 'Three Continuous Needles', 'Three Transverse Needles', and 'Three Triangular Needles'.

Three Continuous Needles

In this configuration, the needles are arranged in a continuous linear fashion within a specific primary region and on the SAME channel. This configuration is most often used to treat the *ZangFu* and thus regulate bodily functions. Selection of an appropriate *DaoMa* group for treatment is determined on the basis of working in concert on a rostral-caudal, caudal-rostral basis, e.g. *ShangSanHuang* to treat the liver and *XiaSanHuang* to treat the kidneys.



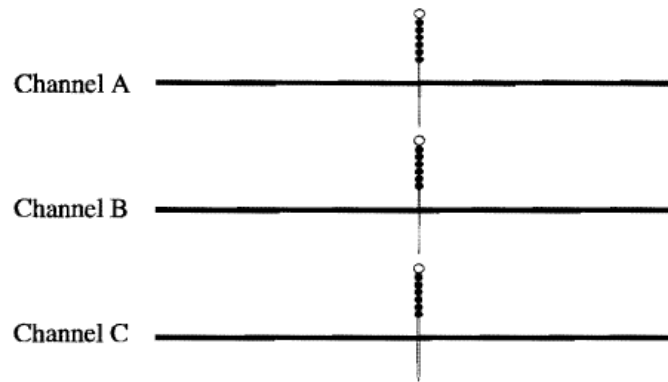
Three Transverse Needles

In this configuration, the needles are arranged in a transverse linear fashion within a specific primary region but in DIFFERENT channels. This configuration is most often used for treating aches and pains in some specific

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body part. Appropriate *DaoMa* groups selection is determined on the basis of the Up-Down-Right-Left balancing method, e.g. 'Palm Three Passes' on the right hand to treat plantar fasciitis of the left foot.

THREE TRANSVERSE NEEDLES.

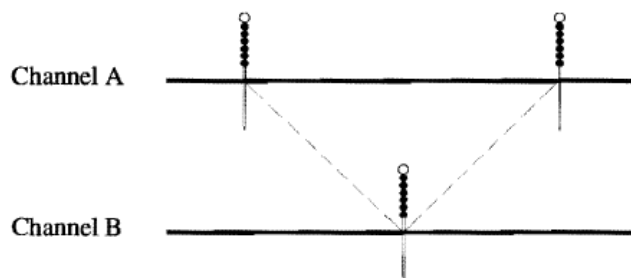


Three needles inserted into three DIFFERENT channels.

Three Triangular Needles

In this configuration, the needles are arranged within a specific primary region in a triangular fashion. Two needles are first inserted in a continuous, linear fashion in the SAME channel. The third needle, called the 'conducting' needle, is inserted at the apex of a triangle in a channel immediately adjacent to the first channel. The conducting needle is said to command, direct, or conduct the clinical focus of the first two needles. This configuration is not commonly encountered in Dr. Tung's *DaoMa* system, but may be used with the 14-channel points to treat local aches and pains, e.g. 'Knee Three Needles' to address disorders of the knee.

THREE TRIANGULAR NEEDLES.



Two needles in Channel A, with a third (the 'conducting' needle) in a channel immediately next to it (Channel B), thereby forming a 'TRIANGLE' of needles.

Insertion Sequence

Dr. Tung's *DaoMa* system employs three needles in any given *DaoMa* group. Because optimization of the clinical efficacy of these three needles is highly desirable, a discussion of insertion sequence is necessary. In the *DaoMa* system there are three basic sequencing methods commonly employed, namely: 'Needling the Principal Point First', "Needling According to the Flow of *Qi* in the Channel", and 'Nearest, Furthest, then Central'.

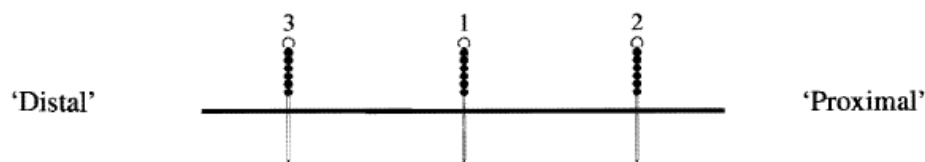
Principal Point First

In this insertion sequence, one needles the central point of the *DaoMa* group first. This central point is referred to as the 'Principal' point of the *DaoMa* group. The second point needled is the 'Proximal' point (i.e. point closest

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to the involved tissue, structure or organ), and the third point needled is the 'Distal' point (i.e. point furthest from the involved tissue, structure or organ). While this insertion sequence is most often used in pain syndromes and 'Impediment' patterns, it may also be used for pathological changes in, as well as prophylaxis for, the *ZangFu* of the entire body.

PRINCIPAL POINT NEEDLED FIRST.

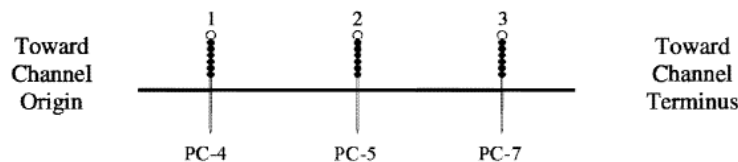


Flow of Qi in the channel

In this insertion sequence, needle the point of the selected *DaoMa* group closest to the origin of the channel first (PC 4 as an example). The second point needled is the central point of the *DaoMa* group (PC 5) and the final needle is inserted into the point furthest from the 'origin' of the channel (PC 7 as an example). While this needle insertion sequence is most often used for pathological changes in the bowels and viscera of the entire body, it may also be used in pain syndromes and 'Impediment' patterns as well.

POINTS NEEDLED ACCORDING TO THE FLOW OF QI⁴ IN THE CHANNEL.

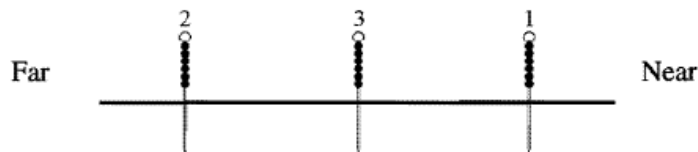
ex. 33-02 'Heart Three Needles' Dao³ Ma³ Group:



Nearest, Furthest, then Central

In this insertion sequence, first needle the point of the selected *DaoMa* group in proximity to ('Nearest') the involved tissue, structure, or organ. The point of the group most distant ('Furthest') from the involved tissue, structure, or organ is needled second, and the third needle is inserted into the center ('Central') point of the selected *DaoMa* group last. The *DeQi* sensation evoked by this final needle should quickly 'shoot' to both the 'Nearest' and 'Furthest' needles simultaneously. This insertion sequence is suitable for any and all clinical situations by virtue of the fact that the *DeQi* sensation obtained via this insertion sequence is the strongest of the three sequences discussed. [AUTHOR DOES NOT PROVIDE PRINCIPLE OR THEORY, BUT USAGE. EMPIRICAL! (SO NON-CHINESE! CHINESE ARE PRAGMATIC IN TERMS OF CLINICAL USAGE BUT ALWAYS FOLLOWS PRINCIPLE AND THEORY)]

NEAREST, FURTHEST, THEN CENTRAL SEQUENCE.



Insert the needles in the following manner:
'Nearest' first, 'Furthest' second, and 'Central' last.

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Needle Depth

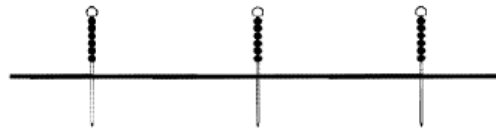
Needle depth is extremely important in Dr. Tung's *DaoMa* system. One of the salient features of this system is the fact that, at any given *DaoMa* point, changing the needling depth alters which *ZangFu* is accessed. These are two straightforward categories with respect to depth of needle penetration: identical depths of needle penetration and different depths of needle penetration.

Identical Depth

In this category, each needle of the selected *DaoMa* group is inserted to the same depth of penetration, regardless of the insertion sequence. This category is primarily used to adjust and regulate pathological changes of the entire body.

The distance of each point in any given *DaoMa* group to the torso differs from constituent point to constituent point. These distance variances, coupled with identical depths of needle penetration, consequently alter the primary therapeutic focus of each constituent point within that group. Each constituent point, when needled to the same depth of penetration can be said to possess its own 'zone' of primary therapeutic benefit within that *DaoMa* group. When identical depths of needle penetration are combined with the 'Needling According to the Flow of Qi in the channel' insertion sequence, these combined techniques powerfully 'Open' (*Tong*) each of the *SanJiao*. As a consequence of simultaneously opening (*Tong*) each of the *SanJiao*, one concurrently treats the pathological changes of the entire body. Ergo, needling to the same depth of penetration, coupled with needling according to the flow of Qi in a specific *DaoMa* group, greatly affects the entire body.

THREE NEEDLES INSERTED TO THE SAME DEPTH.



The three constituent *Dao³ Ma³* points are all needled to the same depth of penetration.

Different Depths of Needle Penetration

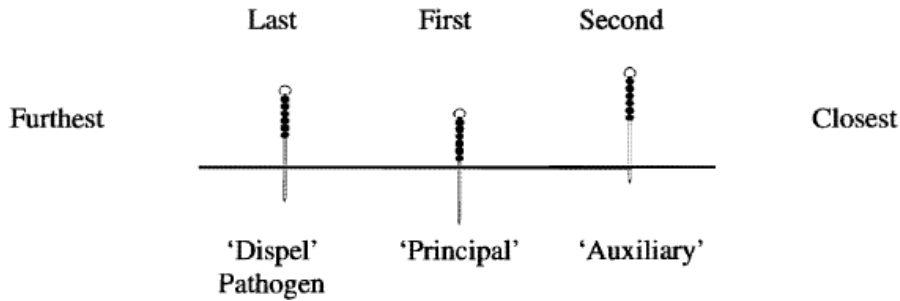
When the three needles in a specific *DaoMa* group are inserted to different depths, not only will the *ZangFu* affected differ, but the body areas affected will also differ. Firmly grasping these concepts will greatly multiply the power of one's acupuncture and thus enable the practitioner to greatly improve the odds of a successful clinical outcome. There are two basic methods for differing the depths of needle penetration:

1. Method One – the first needle is inserted into the principal point to the appropriate depth necessary to affect the desired *ZangFu*. The second needle, regarded as an assistant to the principal needle, is inserted into the auxiliary point to a more shallow depth than the principal needle. The third needle, regarded as the pathogen expelling (*QuXie* dispel evils) needle is inserted to a depth more shallow than the principal needle but deeper than the auxiliary needle. This method not only treats the desired *ZangFu*, but also assists in the recovery of the interrelated *ZangFu*. This method also serves to expel and eliminate the

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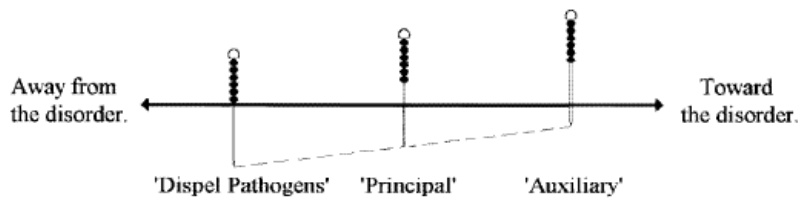
XieQi and any pathogenic factors which may have precipitated the original condition.

DIFFERENT DEPTHS: METHOD ONE.



2. Method Two – The first needle is inserted into the 'Principal' point to an appropriate depth to treat the disorder. The second needle is inserted into the assistant or 'auxiliary' point to a shallower depth than the 'principal' needle. The third needle is inserted into the 'pathogen dispelling' point to a depth deeper than the 'principal' needle. As stated above, needles inserted to different depths in a given *DaoMa* group affect the primary indications and regions treated by that *DanMai* group. Couple this with the fact that the distances between each of the constituent needles and the affected loci differ from point to point within a given *DaoMa* group, one can, by varying the depths of penetration, focus the therapeutic effects of the points of a given *DaoMa* group on one specific *ZangFu*. Focusing the therapeutic effects of all three constituent points of a given *DaoMa* group, multiplies the clinical effectiveness of that *DaoMa* group by an order of magnitude.

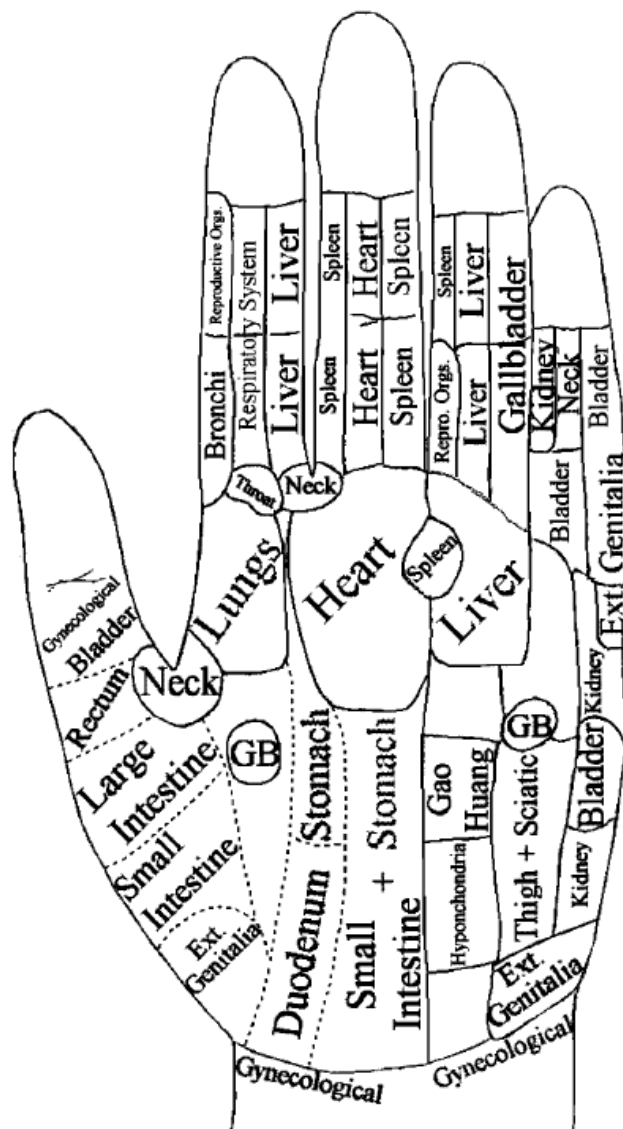
DIFFERENT DEPTHS: METHOD TWO.



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Appendix 9

Palmar Diagnosis



1. The initial step in palmar diagnosis is to determine which hand to use for diagnostic purposes. Argument has been made for using the right hand in the female and the left hand in the male predicated upon the *YinYang* correspondences.

2. The second stop is to view the appropriate palm under adequate lighting; natural light is of course best, but full spectrum lighting will also suffice. The clinician is look for any alteration in the natural color of the skin, mottling, superficial – floating veinules, hemangioma, tec.

A bluish-green color denotes 'Cold' and 'Vacuity' in the corresponding region. The darker the hue, i.e. tending toward black, the more ominous the sign and consequently the more serious the condition. A red or purplish-red color denotes 'Heat' is more commonly noted (in Taiwanese patients), but I have observed that the red or purplish-red color is dominant (in American patients). This discrepancy may merely reflect the differences in the conditions suffered by respective patient populations and perhaps is a manifestation of the usually high carbohydrate, inflammatory diet of the typical American patient.

Atrophic changes of the musculature of the hand indicate 'Vacuity' conditions in the corresponding regions. A 'hollowing' or a 'sunken-in' appearance in the region of *XiaBai* and *ZhongBai* on the dorsum of the hand indicates 'Spleen Vacuity'. Any atrophic changes or visible veinules along the course of 'Control the spine three needles' (along the ulnar border of the hand) indicates 'Kidney Vacuity'.

3. The third stop is to determine the corresponding region (see palmar map) where the alteration is noted, for example: a mottled appearance with hemangioma noted at the base of the 4th digit; this region corresponds to the 'Liver' and may indicate a pathology in that organ.
4. The fourth Step is to choose an appropriate *DaoMa* group for treatment.

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Appendix 10

Bloodletting

Bloodletting is one of the techniques commonly employed in Master Tung's style of acupuncture, but this is not the 'drain a quart' type of bloodletting once employed in the West. Prior to delving into the technical aspects of 'letting' however, the reader must be exhorted to adhere to the strictest aseptic technique throughout the entire procedure. One should also ensure that all proper precautions are taken with respect to blood borne pathogens. The simple rule of Universal Precautions should suffice in every situation: presume all blood is infectious [HIV, HCV, HBV, HAV, etc.], rigorously guard against contact and reduce the risk of cross infection.

Dr. Tung is said to have oft-repeated: 'In long term illness, there must be stasis', 'in odd (strange) diseases, there must be stasis', 'in painful disorders, there must be stasis', and 'in serious illness, there must be stasis'. Dr. Tung was of the opinion that disorders which responded less than satisfactorily to aggressive treatment with acupuncture and medication were due to *Qi* stagnation and blood stasis obstructing the channels and network vessels. If one pierced or pricked by body, one would enable the 'Malign Blood' and 'Evil *Qi*' to be completely evacuated thereby removing the 'Stasis'. With resolution of the 'stasis' said long term, deeply entrenched disorders would soon thereafter take a turn for the better.

Dr. Tung's technique allow the bloodletting anywhere on the body, provided that one 'let' the veins, telangiectasias, spider angiomas, etc. in the area selected. His 'letting' technique calls for the use of the three-edged needle; nowever, I have found it more convenient to use and 18 or 21 gauge, single use, hypodermic needle (bevel up!). I have suggested this change simply because I have found the hypodermic needle easier on the patient. The clinician is free to select whichever needle he is most comfortable with; the small lancets generally used in blood typing may also be used in the hands.

Cautions

While this technique is very powerful, it is not intended for use in all cases. Certain individuals are inappropriate candidates for the procedure; one should ensure that every patient who is a candidate for the procedure is placed in a suitable position. Patients prone to syncopal events should be placed in the supine or prone position to prevent injury should they suffer such an event. Other cautions include:

1. Do not 'let' the diabetic
2. Do not 'let' those who are pregnant
3. Do not 'let' arteries
4. Do not 'let' the hemophiliacs or anyone with coagulation disorder.
5. Do not 'let' in an individual who has recently lost a significant amount of blood due to trauma
6. Exhibit extreme caution with/ do not 'let' the severely anemic patient
7. Exhibit extreme caution with/ do not 'let' the very weak patient
8. Exhibit extreme caution with/ do not 'let' the patient with significant infection
9. Exhibit care when 'letting' over organs – do not puncture deeply

Appendix 11 标幽赋杨继洲批注

【標幽賦】（《楊氏注解》）

拯救之法，妙用者針。

劫病之功，莫捷於針灸。故《素問》諸書，為之首載，緩、和、扁、華，俱以此稱神醫。蓋一針中穴，病者應手而起，誠醫家之所先也。近世此科幾於絕傳，良為可嘆！經云：『拘於鬼神者，不可與言至德；惡於砭石者，不可與言至巧。』此之謂也。又語云：『一針、二灸、三服藥。』則針灸為妙用可知。業醫者，奈之何不亟講乎？

察歲時於天道，定形氣於余心。

夫人身十二經，三百六十節，以應一歲十二月，三百六十日。歲時者，春暖、夏熱、秋涼、冬寒，此四時之正氣。苟或春應暖而反寒，夏應熱而反涼，秋應涼而反熱，冬應寒而反暖，是故冬傷於寒，春必溫病；春傷於風，夏必飧泄；夏傷於暑，秋必痲瘧；秋傷於濕，上逆而咳。歧伯曰：『凡刺之法，必候日月星辰四時八正之氣，氣定乃刺焉。是故天溫日陽，則人血淖液而衛氣浮，故血易瀉，氣易行；天寒日陰，則人血凝泣而衛氣沉。月始生，則氣血始清，衛氣始行；月廓滿，則氣血實，肌肉堅；月廓空，則肌肉減，經絡虛，衛氣去，形獨居。是以因天時而調血氣也。天寒無刺，天溫無灸，月生無瀉，月滿無補，月廓空無治，是謂得天時而調之。若月生而瀉，是謂臟虛；月滿而補，血氣洋溢；絡有留血，名曰重實。月廓空而治，是謂亂經。陰陽相錯，真邪不別，沉以留止，外虛內亂，淫邪乃起。』又曰：『天有五運，金水木火土也；地有六氣，風寒暑濕燥熱也。』

經云：『凡用針者，必先度其形之肥瘦，以調其氣之虛實，實則瀉之，虛則補之，必先定其血脈，而後調之。形盛脈細，少氣不足以息者危。形瘦脈大，胸中多氣者死。形氣相得者生，不調者病，相失者死。』是故色脈不順而莫針。戒之戒之！

春夏瘦而刺淺，秋冬肥而刺深。

經云：『病有沉浮，刺有淺深，各至其理，無過其道，過之則內傷，不及則外壅，壅則賊邪從之，淺深不得，反為大賊。內傷五臟，後生大病。』故曰：『春病在毫毛腠理，夏病在皮膚。故春夏之人，陽氣輕浮，肌肉瘦薄，血氣未盛宜刺之淺；秋病在肉脈，冬病在筋骨，秋冬則陽氣收藏，肌肉肥厚，血氣充滿，刺之宜深。』又云：『春刺十二井，夏刺十二滎，季夏刺十二俞，秋刺十二經，冬刺十二合。』以配木火土金水，理見子午流注。不窮經絡陰陽，多逢刺禁。

經有十二，手太陰肺，少陰心，厥陰心包絡，太陽小腸，少陽三焦，陽明大腸，足太陰脾，少陰腎，厥陰肝，太陽膀胱，少陽膽，陽明胃也。絡有十五，肺絡列缺，心絡通里，心包絡內關，小腸絡支正，三焦絡外關，大腸絡偏歷，脾絡公孫，腎絡大鐘，肝絡蠡溝，膀胱絡飛揚，膽絡光明，胃絡豐隆，陰蹻絡照海，陽蹻絡申脈，脾之大絡大包，督脈絡長強，任脈絡尾翳也。陰陽者，天之陰陽，平旦至日中，天之陽，陽中之陽也。日中至黃昏，天之陽，陽中之陰也。合夜至雞鳴，天之陰，陰中之陰也。雞鳴至平旦，天之陰，陰中之陽也。故人亦應之。至於人身，外為陽，內為陰，背為陽，腹為陰，手足皆以赤白肉分之。五臟為陰，六腑為陽，春夏之病在陽，秋冬之病在陰。背固為陽，陽中之陽，心也；陽中之陰，肺也。腹固為陰，陰中之陰，腎也；陰中之陽，肝也；陰中之至陰，脾也。此皆陰陽表裏，內外雌雄

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，相輸應也，是以應天之陰陽。學者苟不明此經絡，陰陽升降，左右不同之理，如病在陽明，反攻厥陰，病在太陽，反攻太陰，遂致賊邪未除，本氣受蔽，則有勞無功，反犯禁刺。

既論臟腑虛實，須向經尋。

欲知臟腑之虛實，必先診其脈之盛衰，既知脈之盛衰，又必辨其經脈之上下。臟者，心、肝、脾、肺、腎也。腑者，膽、胃、大小腸、三焦、膀胱也。如脈之衰弱者，其氣多虛，為癢為麻也。脈之盛大者，其血多實，為腫為痛也。然臟腑居位乎內，而經絡播行乎外，虛則補其母也，實則瀉其子也。若心病，虛則補肝木也，實則瀉脾土也。至於本經之中，而亦有子母焉。假如心之虛者，取本經少衝以補之，少衝者井木也，木能生火也；實取神門以瀉之，神門者俞土也，火能生土也。諸經莫不皆然，要之不離乎五行相生之理，當細思之！

原夫起自中焦，水初下漏，太陰為始，至厥陰而方終；穴出雲門，抵期門而最後。

此言人之氣脈，行於十二經為一周，除任、督之外，計三百九十三穴。一日一夜有百刻，分於十二時，每一時有八刻二分，每一刻計六十分，一時共計五百分。每日寅時，手太陰肺經生自中焦中府穴，出於雲門起，至少商穴止；卯時手陽明大腸經，自商陽起至迎香止；辰時足陽明胃經，自頭維至厲兌；巳時足太陰脾經，自隱白至大包；午時手太陰心經，自極泉至少衝；未時手太陽小腸經，自少澤至聽宮；申時足太陽膀胱經，自睛明至至陰；酉時足少陰腎經，自湧泉至俞府；戌時手厥陰心包絡經，自天池至中衝；亥時手少陽三焦經，自關衝至耳門；子時足少陽膽經，自瞳子疳至竅陰；丑時足厥陰肝經，自大敦至期門而終。周而復始，與滴漏無差也。

正經十二，別絡走三百餘支；

十二經者，即手足三陰、三陽之正經也。別絡者，除十五絡，又有橫絡、孫絡，不知其紀，散走於三百餘支脈也。

正側仰伏，氣血有六百餘候。

此言經絡，或正或側，或仰或伏，而氣血循行孔穴，一周於身，榮行脈中三百餘候，衛行脈外三百餘候。

手足三陽，手走頭而頭走足；手足三陰，足走腹而胸走手。

此言經絡，陰升陽降，氣血出入之機，男女無以異。

要識迎隨，須明逆順。

迎隨者，要知榮衛之流注，經脈之往來也。明其陰陽之經，逆順而取之。迎者以針頭朝其源而逆之，隨者以針頭從其流而順之。是故逆之者為瀉、為迎，順之者為補、為隨。若能知迎知隨，令氣必和，和氣之方，必在陰陽，升降上下，源流往來，逆順之道明矣。

況夫陰陽，氣血多少為最。厥陰、太陽，少氣多血；太陰、少陰，少血多氣；而又氣多血少者，少陽之分；氣盛血多者，陽明之位。

此言三陰、三陽，氣血多少之不同，取之必記為最要也。

先詳多少之宜，次察應至之氣。

凡用針者，先明上文氣血之多少，次觀針氣之來應。

輕滑慢而未來，沉澀緊而已至。

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輕浮、滑虛、慢遲，入針之後值此三者，乃真氣之未到；沉重、澀滯、緊實，入針之後值此三者，是正氣之已來。

既至也，量寒熱而留疾；未至也，據虛實而候氣。

留，住也；疾，速也。此言正氣既至，必審寒熱而施之。故經云：『刺熱須至寒者，必留針，陰氣隆至，乃呼之，去徐，其穴不閉；刺寒須至熱者，陽氣隆至，針氣必熱，乃吸之，去疾，其穴急捫之。』氣之未至，或進或退，或按或提，導之引之，候氣至穴而方行補瀉。經曰：『虛則推內進搓，以補其氣；實則循捫彈努，以引其氣。』

氣之至也，如魚吞鉤餌之沉浮；氣未至也，如閑處幽堂之深邃。

氣既至，則針有澀緊，似魚吞鉤，或沉或浮而動；其氣不來，針自輕滑，如閑居靜室之中，寂然無所聞也。

氣速至而速效，氣遲至而不治。

言下針若得氣來速，則病易痊，而效亦速也。氣若來遲，則病難愈，而有不治之憂。故賦云：『氣速效速，氣遲效遲，候之不至，必死無疑矣。』

觀夫九針之法，毫針最微，七星上應，眾穴主持。

言九針之妙，毫針最精，上應七星，又為三百六十穴之針。

本形金也，有蠲邪扶正之道；短長水也，有決凝開滯之機。

本形，言針也。針本出於金，古人以砭石，今人以鐵代之。蠲，除也。邪氣盛，針能除之。扶，輔也。正氣衰，針能輔之。

此言針有長短，猶水之長短，人之氣血凝滯而不通，猶水之凝滯而不通也。水之不通，決之使流於湖海，氣血不通，針之使周於經脈，故言針應水也。

定刺象木，或斜或正；口藏比火，進陽補羸。

此言木有斜正，而用針亦有或斜或正之不同。刺陽經者，必斜臥其針，無傷其衛；刺陰分者，必正立其針，毋傷其榮，故言針應木也。

口藏，以針含於口也。氣之溫，如火之溫也。羸，瘦也。凡下針之時，必口內溫針暖，使榮衛相接，進己之陽氣，補彼之瘦弱，故言針應火也。

循機捫而可塞，以象土，實應五行而可知。

循者，用手上下循之，使氣血往來也。機捫者，針畢以手捫閉其穴，如用土填塞之義，故言針應土也。

五行者，金、水、木、火、土也。此結上文，針能應五行之理也。

然是三寸六分，包含妙理；雖細楨於毫髮，同貫多岐。

言針雖但長三寸六分，能巧運神機之妙，中含水火，回倒陰陽，其理最玄妙也。

楨，針之幹也。岐，氣血往來之路也。言針之幹，雖如毫髮之微小，能貫通諸經血氣之道路也。

可平五臟之寒熱，能調六腑之虛實。

平，治也。調，理也。言針能調治臟腑之疾，有寒則溫之，熱則清之，虛則補之，實則瀉之。

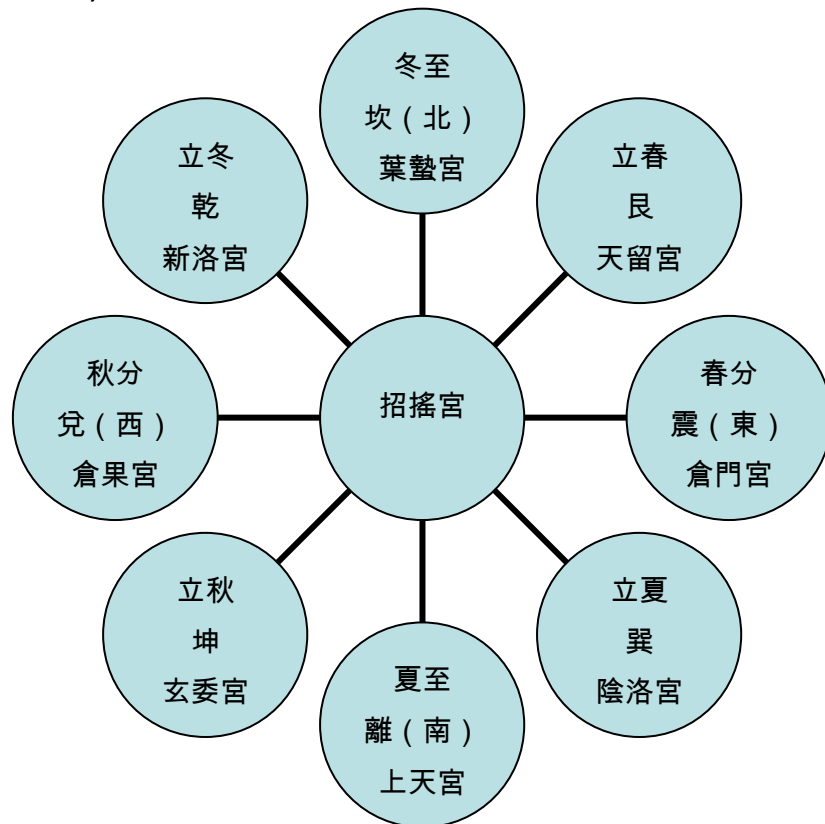
拘攣閉塞，遣八邪而去矣；寒熱痺痛，開四關而已之。

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拘攣者，筋脈之拘束。閉塞者，氣血之不通。八邪者，所以候八風之虛邪，言疾有攣閉，必驅散八風之邪也。寒者，身作顫而發寒也。熱者，身作潮而發熱也。四關者，六臟有十二原，出於四關，太衝、合谷是也。故太乙移宮之日，主八風之邪，令人寒熱疼痛，若能開四關者，兩手兩足，刺之而已。立春一日起艮，名曰天留宮，風從東北來為順令；春分一日起震，名曰倉門宮，風從正東來為順令；立夏一日起巽，名曰陰洛宮，風從東南來為順令，夏至一日起離，名曰上天宮，風從正南來為順令；立秋一日起坤，名曰玄委宮，風從西南來為順令；秋分一日起兌，名曰倉果宮，風從正西來為順令；立冬一日起乾，名曰新洛宮，風從西北來為順令；冬至一日起坎，名曰葉蟄宮，風從正北來為順令。其風著人爽神氣，去沉疴。背逆謂之惡風毒氣，吹形骸即病，名曰時氣留伏。流入肌骨臟腑，雖不即患，後因風寒暑濕之重感，內緣飢飽勞欲之染著，發患曰內外兩感之痼疾，非刺針以調經絡，湯液引其榮衛，不能已也。中宮名曰招搖宮，共九宮焉。此八風之邪，得其正令，則人無疾，逆之，則有病也。

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◎九宮圖（風向順位如圖表）：



凡刺者，使本神朝而後入；既刺也，使本神定而氣隨。神不朝而勿刺，神已定而可施。

凡用針者，必使患者精神已朝，而後方可入針，既針之，必使患者精神才定，而後施針行氣。若氣不朝，其針為輕滑，不知疼痛，如插豆腐者，莫與進之，必使之候。如神氣既至，針自緊澀，可與依法察虛實而施之。

定腳處，取氣血為主意；下手處，認水木是根基。

言欲下針之時，必取陰陽氣血多少為主，詳見上文。

下手，亦言用針也。水者母也，木者子也，是水能生木也。是故濟母裨其不足，奪子平其有餘，此言用針，必先認子母相生之義。舉水木而不及土金火者，省文也。

天地人三才也，湧泉同璇璣、百會；上中下三部也，大包與天樞、地機。

百會一穴在頭，以應乎天；璇璣一穴在胸，以應乎人；湧泉一穴在足心，以應乎地，是謂三才也。

大包二穴在乳後，為上部；天樞二穴在臍旁，為中部；地機二穴在足胛，為下部，是謂三部也。

陽蹻、陽維並督帶，主肩背腰腿在表之病；陰蹻、陰維、任、衝脈，去心腹脅肋在裏之疑①。

①疑者，疾也。

陽蹻脈，起於足跟中，循外踝，上入風池，通足太陽膀胱經，申脈是也（腿）。陽維脈者，維持諸陽之會，通手少陽三焦經，外關是也（肩）。督脈者，起於下極之腧，並於脊裏，上行風府過腦循額，至鼻入齕交，通手太陽小腸經，後谿是也（背）。帶脈起於季脅，回身一周，如繫帶然，通足少陽膽經，臨泣是也（腰）。言此奇經四脈屬陽，主治肩背腰腿在表之病。

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陰蹻脈，亦起於足跟中，循內踝，上行至咽喉，交貫衝脈，通足少陰腎經，照海是也。陰維脈者，維持諸陰之交，通手厥陰心包絡經，內關是也。任脈起於中極之下，循腹上至咽喉，通手太陰肺經，列缺是也。衝脈起於氣衝，並足少陰之經，俠臍上行至胸中而散，通足太陰脾經，公孫是也。言此奇經四脈屬陰，能治心腹脅肋在裏之疑。

二陵、二蹻、二交，似續而交五大；兩間、兩商、兩井，相依而別兩支。

二陵者，陰陵泉、陽陵泉也。二蹻者，陰蹻、陽蹻也；二交者，陰交、陽交也。續，接續也。五大者，五體也。言此六穴，遞相交接於兩手、兩足並頭也。

兩間者，二間、三間也。兩商者，少商、商陽也。兩井者，天井、肩井也。言六穴相依而分別於手之兩支也。

大抵取穴之法，必有分寸，先審自意，次觀肉分；或伸屈而得之，或平直而安定。

此言取量穴法，必以男左女右中指，與大指相屈如環，取內側紋兩角為一寸，各隨長短大小取之，此乃同身之寸。先審病者是何病？屬何經？用何穴？審於我意；次察病者，瘦肥長短，大小肉分，骨節髮際之間，量度以取之。

伸屈者，如取環跳之穴，必須伸下足，屈上足，以取之，乃得其穴。平直者，或平臥而取之，或正坐而取之，或正立而取之，自然安定，如承漿在唇下宛宛中之類也。

在陽部筋骨之側，陷下為真；在陰分鄰臑之間，動脈相應。

陽部者，諸陽之經也，如合谷、三里、陽陵泉等穴，必取俠骨側指陷中為真也。陰分者，諸陰之經也，如手心、腳內、肚腹等穴，必以筋骨鄰臑動脈應指，乃為真穴也。

取五穴用一穴而必端，取三經用一經而可正。

此言取穴之法，必須點取五穴之中，而用一穴，則可為端的矣。若用一經，必須取三經而正一經之是非矣。

頭部與肩部詳分，督脈與任脈易定。

頭部與肩部，則穴繁多，但醫者以自意詳審，大小肥瘦而分之。督、任二脈，直行背腹中，而有分寸，則易定也。

明標與本，論刺深刺淺之經；住痛移疼，取相交相貫之經。

標本者，非止一端也，有六經之標本，有天地陰陽之標本，有傳病之標本。以人身論之，則外為標，內為本；陽為標，陰為本；腑陽為標，臟陰為本；臟腑在內為本，經絡在外為標也。六經之標本者，足太陽之本，在足跟上五寸，標在目；足少陽之本在竅陰，標在耳之類是也。更有人身之臟腑、陽氣陰血、經絡，各有標本。以病論之，先受病為本，後傳變為標，凡治病者，先治其本，後治其標，餘症皆除矣。謂如先生輕病，後滋生重病，亦先治其輕病也。若有中滿，無問標本，先治中滿為急。若中滿、大小便不利，亦無標本，先利大小便，治中滿充急也。除此三者之外，皆治其本，不可不慎也。從前來者實邪，從後來者虛邪，此子能令母實，母能令子虛也。治法虛則補其母，實則瀉其子，假令肝受心之邪，是從前來者，為實邪也，當瀉其火；然直瀉火，十二經絡中，各有金、木、水、火、土也。當木之本，分其火也。故標本論云：『本而標之，先治其本，後治其標。』既肝受火之邪，先於肝經五穴，瀉榮火行間也。以藥論，入肝經藥為引，用瀉心藥為君也。是治實邪病矣。又假令肝受腎邪，是為從後來者，為虛邪，當補其母，故《標本論》云：『標而本之，先治其標，後治其本。』肝木既受水邪，當先於腎經湧泉穴補木，是先治其標，後於肝經曲泉穴瀉水，是後治其本，此先治其標者，推其至理，亦是先治其本也。以藥論之，入腎經藥為引，用補肝經藥為君，是也。以得病之日為本，傳病之日為標，亦是。

此言用針之法，有住痛移疼之功者也。先以針左行左轉，而得九數，復以針右行右轉，而得六數，此乃陰陽交貫

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之道也。經脈亦有交貫，如手太陰肺之列缺，交於陽明之路，足陽明胃之豐隆，走於太陰之逕，此之類也。

豈不聞臟腑病，而求門、海、俞、募之微；經絡滯，而求原、別、交、會之道。

門海者，如章門、氣海之類。俞者，五臟六腑之俞也，俱在背部二行。募者，臟腑之募，肺募中府，心募巨闕，肝募期門，脾募章門，腎募京門，胃募中脘，膽募日月，大腸募天樞，小腸募關元，三焦募石門，膀胱募中極。此言五臟六腑之有病，必取此門、海、俞、募之最微妙矣。

原者，十二經之原也。別，陽別也。交，陰交也。會，八會也。夫十二原者，膽原丘墟，肝原太衝，小腸原腕骨，心原神門，胃原衝陽，脾原太白，大腸原合谷，肺原太淵，膀胱原京骨，腎原太谿，三焦原陽池，包絡原大陵。八會者，血會膈俞，氣會膻中，脈會太淵，筋會陽陵泉，骨會大杼，髓會絕骨，臟會章門，腑會中脘也。此言經絡血氣凝結不通者，必取此原、別、交、會之穴而刺之。

更窮四根、三結，依標本而刺無不痊；但用八法，五門，分主客而針無不效。

根結者，十二經之根結也。《靈樞經》云：『太陰根於隱白，結於太倉也；少陰根於湧泉，結於廉泉也；厥陰根於大敦，結於玉堂也；太陽根於至陰，結於目也；陽明根於厲兌，結於鉗耳也；少陽根於竅陰，結於耳也；手太陽根於少澤，結於天窗、支正也；手少陽根於關衝，結於天牖、外關也；手陽明根於商陽，結於扶突、偏歷也。』手三陰之經不載，不敢強注。又云：『四根者，耳根、鼻根、乳根、腳根也。三結者，胸結、肢結、便結也。』

此言能究根結之理，依上文標本之法刺之，則疾無不愈也。

針之八法，一迎隨，二轉針，三手指，四針投，五虛實，六動搖，七提按，八呼吸。身之八法，奇經八脈，公孫、衝脈、胃心胸，八句是也。五門者，天干配合，分於五也。甲與己合，乙與庚合之類是也。主客者，公孫主，內關客之類是也。或以井榮俞經合為五門，以邪氣為賓客，正氣為主人。先用八法，必以五門推時取穴，先主後客，而無不效之理。

八脈始終連八會，本是紀綱；十二經絡十二原，是為樞要。

八脈者，奇經八脈也。督脈、任脈、衝脈、帶脈、陰維、陽維、陰蹻、陽蹻也。八會者，即上文血會膈俞等是也。此八穴通八脈起止，連及八會，本是人之綱領也。如網之有綱也。十二經、十五絡、十二原已注上文。樞要者，門戶之樞紐也。言原出入十二經也。

一日取六十六穴之法，方見幽微，一時取一十二經之原，始知要妙。

六十六穴者，即子午流注井榮俞原經合也。陽於注腑，三十六穴，陰於注臟，三十六穴，共成六十六穴，具載五卷子午流注圖中。此言經絡一日一周於身，歷行十二經穴，當此之時，酌取流注之中一穴用之，以見幽微之理。

十二經原，俱注上文。此言一時之中，當審此日是何經所主，當此之時，該取本日此經之原穴而刺之，則流注之法，玄妙始可知矣。

原夫補瀉之法，非呼吸而在手指；速效之功，要交正而識本經。

此言補瀉之法，非但呼吸，而在乎手之指法也。法分十四者，循、捫、提、按、彈、捻、搓、盤、推、內、動、搖、爪、切、進、退、出、攝者是也。法則如斯，巧拙在人，詳備《金針賦》內。

交正者，如大腸與肺為傳送之府，心與小腸為受盛之官，脾與胃為消化之宮，肝與膽為清淨之位，膀胱合腎，陰陽相通，表裏相應也。本經者，受病之經，如心之病，必取小腸之穴兼之，餘仿此。言能識本經之病，又要認交經正經之理，則針之功必速矣。故曰：『寧失其穴，勿失其經；寧失其時，勿失其氣。』

交經繆刺，左有病而右畔取；瀉絡遠針，頭有病而腳上針。

繆刺者，刺絡脈也。右痛而刺左，左痛而刺右，此乃交經繆刺之理也。

三陽之經，從頭下足，故言頭有病，必取足穴而刺之。

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巨刺與繆刺各異，微針與妙刺相通。

巨刺者，刺經脈也。痛在於左而右脈病者，則巨刺之，左痛刺右，右痛刺左，中其經也。繆刺者，刺絡脈也。身形有痛，九候無病，則繆刺之，右痛刺左，左痛刺右，中其絡也。此刺法之相同，但一中經，一中絡之異耳。

微針者，刺之巧也。妙刺者，針之妙也。言二者之相通也。

觀部分而知經絡之虛實，視沉浮而辨臟腑之寒溫。

言針入肉分，以天、人、地三部而進，必察其得氣則內外虛實可知矣，又云：『察脈之三部，則知何經虛，何經實也。』

言下針之後，看針氣緩急，可決臟腑之寒熱也。

且夫先令針耀，而慮針損；次藏口內，而欲針溫。

言欲下針之時，必先令針光耀，看針莫有損壞；次將針含於口內，令針溫暖與榮衛相接，無相觸犯也。目無外視，手如握虎；心無內慕，如待貴人。

此戒用針之士，貴乎專心誠意，而自重也。令目無他視，手如握虎，恐有傷也；心無他想，如待貴人，恐有責也。

左手重而多按，欲令氣散；右手輕而徐入，不痛之因。

下針之時，必先以左手大指爪甲於穴上切之，則令其氣散，以右手持針，輕輕徐入，此乃不痛之因也。

空心恐怯，直立側而多暈；背目沉掐，坐臥平而沒昏。

空心者，未食之前，此言無刺飢人，其氣血未定，則令人恐懼，有怕怯之心，或直立，或側臥，必有眩暈之咎也。

此言欲下針之時，必令患者莫視所針之處，以手爪甲重切其穴，或臥或坐，而無昏悶之患也。

推於十干、十變，知孔穴之開闔；論其五行、五臟，察日時之旺衰。

十干者，甲、乙、丙、丁、戊、己、庚、辛、壬、癸也。十變者，逐日臨時之變也。備載《靈龜八法》中，故得時謂之開，失時謂之闔。

五行五臟，俱注上文。此言病於本日時之下，得五行生者旺，受五行克者衰。如心之病，得甲乙之日時者生旺，遇壬癸之日時者克衰，餘仿此。

伏如橫弩，應若發機。

此言用針刺穴，如弩之視正而發矢，取其捷效，如射之中的也。

陰交陽別而定血暈，陰驕、陽維而下胎衣。

陰交穴有二，一在臍下一寸，一在足內踝上三寸，名三陰交也，言此二穴，能定婦人之血暈。又言照海、外關二穴，能下產婦之胎衣也。

痺厥偏枯，迎隨俾經絡接續；漏崩帶下，溫補使氣血依歸。

痺厥者，四肢厥冷麻痺。偏枯者，中風半身不遂也。言治此症，必須接氣通經，更以迎隨之法，使血氣貫通，經絡接續也。

漏崩帶下者，女子之疾也。言有此症，必須溫針待暖以補之，使榮衛調和而歸依也。

靜以久留，停針待之。

此言下針之後，必須靜而久停之。

必準者，取照海治喉中之閉塞，端的處，用大鐘治心內之呆痴。大抵疼痛實瀉，癢麻虛補。

此言疼痛者，熱宜瀉之以涼；癢麻者，冷宜補之以暖。

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體重節痛而俞居，心下痞滿而井主。

俞者，十二經中之俞。井者，十二經中之井也。

心脹咽痛，針太衝而必除；脾冷胃疼，瀉公孫而立愈。胸滿腹痛刺內關，脅疼肋痛針飛虎。

飛虎穴即支溝穴，以手於虎口一飛，中指盡處是穴也。

筋攣骨痛而補魂門，體熱勞嗽而瀉魄戶。頭風頭痛，刺申脈與金門；眼癢眼疼，瀉光明於地五。瀉陰郄止盜汗，治小兒骨蒸；刺偏歷利小便，醫大人水蠱。中風環跳而宜刺，虛損天樞而可取。

地五者，即地五會也。

由是午前卯後，太陰生而疾溫；離左西南，月朔死而速冷。

此以月生死為期，午前卯後者，辰、巳二時也。當此之時，太陰月之生也。是故月廓空無瀉，宜疾溫之。離左西南者，未、申二時也。當此時分，太陰月之死也。是故月廓盈無補，宜速冷之。將一月而比一日也。經云：『月生一日一痛，二日二痛，至十五日十五痛，十六日十四痛，十七日十三痛，漸退，至三十日二痛。』月望以前謂之生，月望以後謂之死，午前謂之生，午後謂之死也。

循捫彈怒，留吸母而堅長；爪下伸提，疾呼子而噓短。

循者，用針之後，以手上下循之，使血氣往來也。捫者，出針之後，以手捫閉其穴，使氣不泄也。彈怒者，以手輕彈而補虛也。留吸母者，虛則補其母，須待熱至之後，留吸而堅長也。

爪下者，切而下針也。伸提者，施針輕浮豆許曰提。疾呼子者，實則瀉其子，務待寒至之後，去之速，而噓且短矣。

動退空歇，迎奪右而瀉涼；推內進搓，隨濟左而補暖。

動退，以針搖動而退，如氣不行，將針伸提而已。空歇，撒手而停針，迎以針逆而迎奪，即瀉其子也。如心之病，必瀉脾子，此言欲瀉必施此法也。推內進者，用針推內而入也。搓者，猶如搓線之狀，慢慢轉針，勿令太緊。隨，以針順而隨之；濟，則濟其母也。如心之病，必補肝母，此言欲補必用此法也。此乃遠刺寒熱之法，故凡病熱者，先使氣至病所，次微微提退豆許，以右旋奪之，得針下寒而止。凡病寒者，先使氣至病所，次徐徐進針，以左旋搓提和之，得針下熱而止。

慎之！大患危疾，色脈不順而莫針；寒熱風陰，飢飽醉勞而切忌。

慎之者，戒之也。此言有危篤之疾，必觀其形色，更察其脈若相反者，莫與用針，恐勞而無功，反獲罪也。

此言無針大寒、大熱、大風、大陰雨、大飢、大飽、大醉、大勞，凡此之類，決不可用針，實大忌也。

望不補而晦不瀉，弦不奪而朔不濟。

望，每月十五日也。晦，每月三十日也。弦有上、下弦，上弦或初七、或初八，下弦或廿二、廿三也。朔，每月初一日也。凡值此日，不可用針施法也。如暴急之疾，則不拘矣。

精其心而窮其法，無灸艾而壞其皮；正其理而求其原，免投針而失其位。

此言灸也，勉醫者宜專心究其穴法，無誤於著艾之功，庶免於犯於禁忌，而壞人之皮肉矣。

此言針也，勉學者要明其針道之理，察病之原，則用針不失其所也。

避灸處而加四肢，四十有九；禁刺處而除六腑，二十有二。

禁灸之穴四十五，更加四肢之井，共四十九也。禁針之穴二十二，外除六腑之腧也。

抑又聞高皇抱疾未瘥，李氏刺巨闕而後蘇；太子暴死為厥，越人針維會而復醒。肩井、曲池，甄權刺臂痛而復射；懸鐘、環跳，華佗刺足而立行。秋夫針腰俞而鬼免沉，王纂針交俞而妖精立出。取肝俞與命門，使醫士視秋毫之末；刺少陽與交別，俾聾夫聽夏蚋之聲。

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此引先師用針，有此立效之功，以勵學者用心之誠。

嗟夫！去聖逾遠，此道漸墜。或不得意而散其學，或愆其能而犯禁忌。愚庸智淺，難契於玄言，至道淵深，得之者有幾？偶述斯言，不敢示諸明達者焉，庶幾乎童蒙之心啟。

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Appendix 12 Points Study - Introduction 绪论

Tung's extra points have a long family history, which has been handed down from generation to generation. Master's Tung's acupuncture technique has become an independent faction. The curative effect of his points is even better than that of the 14-regular channels. When they are selected together with points of the 14-channels, Tung's points may have far better effect.

董氏奇穴为董师景昌绍衍祖学，研究发展，自成一派之一家之学，其效果与境界较之“十四经穴”尤有过之而无不及，若能与“十四经穴”相辅为用，当更能发挥针灸疗效，使针灸医术发扬光大。

There are 740 Tung's extra points, located at ten portions of the body: hand, arm, foot, leg, ear, head, etc. namely:

“董氏针灸正经奇穴学”计设 740 穴，分布于手、臂、足、腿、耳及头面等处，区分为十个部位，即：

Fingers, code number "11.00"	一、手指部称“一一部位”。
Hand, code number "22.00"	二、手掌部称“二二部位”。
Forearm, code number "33.00"	三、小臂部称“三三部位”。
Upper arm, code number "44.00"	四、大臂部称“四四部位”。
Plantar side of the foot, code number "55.00"	五、足趾部称“五五部位”。
Medial and Dorsal side of the foot, code number "66.00"	六、足掌部称“六六部位”。
Leg, code number "77.00"	七、小腿部称“七七部位”。
Thigh, code number "88.00"	八、大腿部称“八八部位”。
Ear, code number "99.00"	九、耳朵部称“九九部位”。
Head and face, code number "10.00"	十、头面部称“十十部位”。

In addition, there are two other portions, i.e., "back" (DT.00) and "chest" (VT.00), in which Master Tung usually bled the points with a three-edged needle and never used filiform needles. 除以上十个部位外，尚有“前胸部位”及“后背部位”，此胸背两部多以三棱针刺之，无需毫针深扎。

Although Master Tung's extra points bear the same names like the 14-regular channels and they are located at the same spots, the indications and curative effects are quite different. The points renamed by Master Tung are those for which he had some original ideas about. Differences can be found by comparison and analysis. 董氏奇穴虽有部分与“十四经穴”位置相同，然用法与治效完全不同，董师有独特创见者，概从董氏命名，并加以对比说明，以资区别。

As to anatomy, indication, selection of points, manipulation, usage and remarks, the original texts are recorded and explained one by one. There are some discrepancies between Master Tung's anatomy and western anatomy and physiology. For other items, such as manipulation, indication, selection of points and usage, when necessary, they are described in detail. But those points which are less used of have no specific functions are explained briefly. 至于其它“解剖、主治、取穴、手术、应用、注意”等亦就原文照录，再分项说明，“解剖”部分与实际之神经解剖颇有出入，原书之意义系指该穴作用之部位及脏腑而言。本文不做删补，读者可就该穴所在位置之解剖自行参考。其它“手术、主治、取穴、应用”等有必要特别补充者，均详加叙述，无特殊作用或应用机会较少者，则暂且从简。

When we compare Master Tung's acupuncture techniques with conventional ones, we have found that his technique has the following advantages: 董氏针法与一般所传之针法相较，计有下列多项优点：

Points on the limbs, ears, head and face are selected to treat the general disorders. If it is necessary to use points on the chest, abdomen, lower back and back, a three-edged-needle is used for shallow puncture and it is far less dangerous. 一、在四肢、耳朵及头面部取穴用针，足可治疗全身诸病，如必需刺胸腹及腰背部时，亦仅以三棱针浅刺即可，危险性少。

The manipulation is simple and easy. Only by perpendicular needling, oblique needling, shallow needling, deep needling, subcutaneous needling, rotating upward, rotating downward and retention of needles attain the desired effect. In order to lessen the suffering of patients and fainting due to acupuncture, flicking, shaking of needles are avoided. His manipulation

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did not rigidly adhere to the supplementing or draining theories. 二、施针手术简便，仪用“正刺”、“斜刺”、“浅刺”、“深刺”、“皮下刺”与“上转”、“下转”、“留针”各种手法即可达到所期望之治效。不采“弹”、“摇”、“捻”、“摆”等手法，可减轻患者之痛苦，减少“晕针”的情况，亦不必拘泥于“补”、“泻”等理论。

According to Master Tung, the extra points are distributed along the regular channels. If the diagnosis and location of the points are correct and accurate, with the help of his fine manipulations, quick response is seen. Although Master Tung did not rigidly adhere to supplementing and draining methods, when his method of "active *Qi* moving" needle technique and "point coupling" technique are applied together, marked results can be seen (or obtained). 三、董氏针术乃循“正经”之“奇穴”刺之，如诊断正确，认穴准确，手法精确，则奏效神速，立除沉痾，其治效之宏，非一般所传之针术可比拟。董氏奇穴虽不拘泥于补泻，然若能辅以董师所创之动气用倒马针法，则功效益宏。

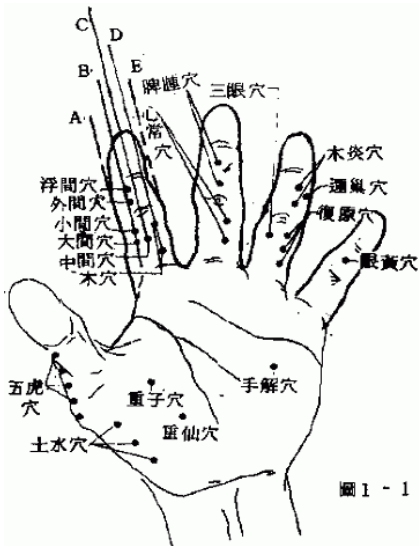
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Chapter 1 - Points of the Fingers (11.00) 第一章◎一一部位

This is the digital area, including the dorsum and palm of the hand. There are 27 points in all. Some of them consist of several points in a unit; therefore there are actually 52 in total. These points are different from the 28 hand acupuncture spots in location and function discovered in China. It was not easy for Mater Tung to discover these points on the fingers. These points possess their own specific effects, and it is quite difficult for acupuncturists or beginners to accurately locate the 52 points on the fingers. “一一部位”即手指部位，不论阴掌及阳掌皆属之，“董氏正经奇穴学”原载 27 个穴道，其中有些穴道，又由好几个穴位组成。因此总计有 52 个穴点之多，这些穴道与大陆所传“廿八手针点”之位置与功效均不相同，董师能在手指上研究发现这些穴道确属不易。

(In fact, there were many more used by Master Tung, but not recorded in the original text, and those supplemented by myself). The digital points are distributed regularly. Here are some instructions about how to accurately locate them. 这些穴道，都有其独特疗效，唯仅在手指部位即有半百穴道（加上董师常用，原书未载，而个人加以补充者，当属更多）着实令一般人及初学者不易寻找正确穴位。其实手指部位之穴道，分布颇有规律，以下爰就几点找穴方法加以说明，以便寻找应用。

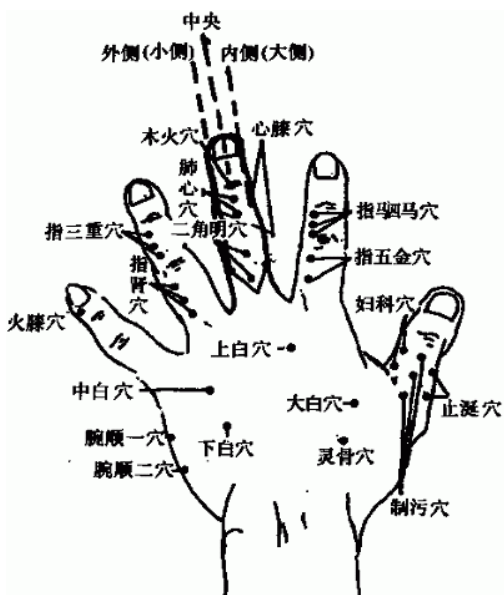
Five lines on the palm (*Yin* side):



It is named *Yin* side because the three *Yin* channels passing the center of it. The part closest to the thumb is known as the lateral or radial aspect, the part closest to the little finger is the medial or ulnar aspect. It is the same as the dorsum of the hand. The midline of a finger is called Line C; the lateral aspect is Line A. Line B is the midline between Line A and Line C. The medial aspect is Line E. Line D is the midline between Line C and Line E. It is easy to locate the digital-palmar points when one knows the distribution of the five lines.

一、阴掌五线：阴掌指三阴所经之掌心而言，靠大指侧称为“外侧”，靠小指侧称为“内侧”，以下不论阴阳掌皆如此称之，试以中央线为C线，外侧（近大指侧）黑白肉际为A线，A与C之中央线为B线，内侧（近小指侧）黑白肉际，为E线，E与C中央线为D线，了解此五线之分布位置，对于寻找阴掌手指部位之穴位，关系甚为重要。

Three lines on the dorsum of the hand (*Yang* side):



The location of points here is not complicated. They are on the three lines, namely, the lateral or radial aspect, medial or ulnar aspect and midline. When acupuncture is applied to the medial and lateral points, needle is inserted along the bone edge, and while to the central points, superficial needling is conducted.

二、阳掌三线：手指阳掌部位之奇穴分布较阴掌简单，仅呈三线分列，即外侧（近小指之骨侧，简称小侧），内侧（近大指之掌侧，简称大侧）及中央，内外两侧均贴靠骨缘下针，中央则刺以皮下针。

Four divisions: 三、四面分点:

All of the points either on the palm or the dorsum of the hand are located in the following few ways: 依穴道之位置，不论阴阳掌，其分布不外下列四项：

One point: If there is only one point between two finger creases, the point is located in the center of the phalanx [e.g. *Zhongjian* (11.05)] —

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穴（二分点法）：在两指纹间仅有一穴者，概以中点（即 $1/2$ 处）取穴。（如中间穴）

Two points: If there are two points between two finger creases, the phalanx is divided into three equal parts, and at each $1/3$ phalanx a point is located [e.g. **Mu (11.17)**]. 二穴（三分点法）：两指纹间若有二穴，则以两指节间距离之 $1/3$ 处各取一穴。（如木穴）

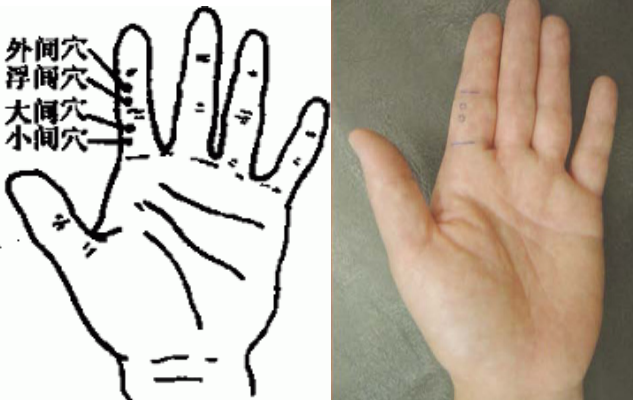
Three points: If there are three points between two finger creases, locate the first point in the center of the phalanx, then the second and third points in the center between the central and upper crease and the lower crease (in terms of the whole, locate a point at each $1/4$ phalanx) 三穴（四分点法）：两指节间若有三穴，则先就两指纹之中点取穴。再以此中点穴距两边之中点各取一穴。（整体而言即两指间之四分之一处各取一穴）

Five points: A unit of five points in a line is rarely seen except **WuHu (11.27)**, but this unit of points is frequently used because of its importance. First locate **WuHu 3 (11.27-3)** in the center of the two creases. Both the upper and lower half between the finger creases and the midpoint are divided in thirds (locate a point at each $1/6$ phalanx). 五穴（六分点法）：连续五穴之穴位不多，仅有“五虎穴”，然“五虎穴”应用之机会则甚多。取穴法便很重要，取穴时先取两指纹之中点为五虎三穴，次就五虎三穴距上下纹各 $1/3$ 处取一穴计五穴。（整体而言，即于两纹间划分 6 等份，每隔六分之一各取一穴）

The above are the rules of point location on fingers, and are the main principle in location of points of the finger area (11.00). When it is memorized, it will be quite easy to locate the points in this place. 以上为手指部位寻穴规律，是寻找一部位穴道之主要原则，若能熟记上项原则，那么寻找手指部位的穴道，非但不会困难，而且是极为容易的。

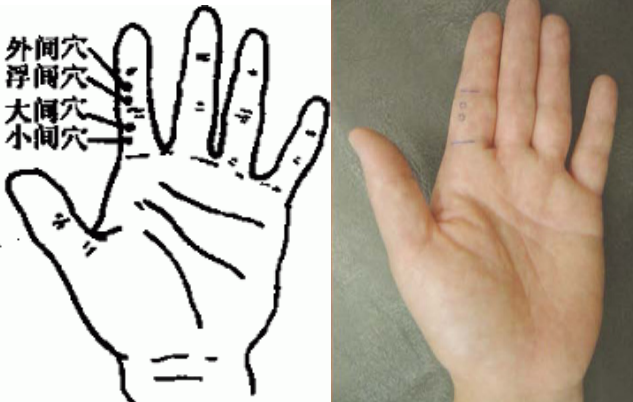
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11.01 DaJian (Big Distance) 大间穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1/3 of a <i>Cun</i> radial to the center of the proximal segment of the index finger. 食指第一节正中央偏向大指外开三分。</p>
<p>Indications 主治 :</p>	<p>Heart disease, knee pain, hernia (most effective), pain of the corner of the eye, and a bearing down pain of the testis. 心脏病、膝盖痛、小肠气、疝气（尤具特效）、眼角痛、睾丸坠痛。</p>
<p>Location of the point 取穴 :</p>	<p>The patient is in supine position with the palm facing upward. Locate the point 1/3 <i>Cun</i> radial to the center of the proximal segment of the index finger. 平卧、手心向上、取食指第一节中央偏向大指三分是穴。</p>
<p>Manipulation 手术 :</p>	<p>Heart disease: Insert the needle 0.1-0.2 <i>Cun</i> deep. Hernia and knee pain: Insert the needle 0.2-0.3 <i>Cun</i> deep. Select the point on the right side for a disease on the left and vice versa. (Original note: It is contraindicated to select the points on both hands simultaneously.) 针一分至二分治心脏病变， 针二至三分治小肠病、疝气及膝痛。 左病取右、 右病取左。（原注不宜双手取穴）</p>
<p>Remarks 说明 :</p>	<p>This point is located at the center of the first phalanx of the palmar side of the index finger on the Line B. It levels with ZhongJian (11.05). 见小间穴说明。</p>
<p>Mechanism, Elucidation and Application:</p>	<p>The Large Intestine channel courses over the index finger, and connects with the Liver through the correspondence of Liver and Large Intestine; this point can treat pathological changes of the Liver. Based upon the sequent correspondence of the hand and body, it is also very effective for intestinal hernia, hernia, bearing-down sensation and pain of the scrotum. Based on the reverse correspondence of the hand and body, it can be used to treat pain of canthus [as ErJian (LI 2) and SanJian (LI 3) indicated in the pain of the eye]. Master Tung considered this point to affect the heart and therefore indicated in heart diseases. He considered those points that are indicated in heart diseases are also effective for knee joint pain. In addition, it is also indicated in orchitis and mumps. It also treats numbness of finger. In treatment, needling this point at a depth of 0.1-0.2 <i>Cun</i> treats pathological changes of the heart. With a depth of 0.2-0.3 <i>Cun</i>, it treats intestinal hernia and knee joint pain. The deeper the insertion is, the further the indications will be. Other points and the points of the 14-channels are the same.</p>

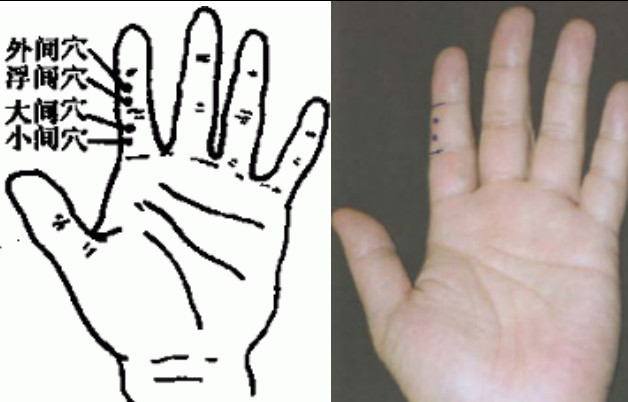
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11.02 *XiaoJian* (Small Distance) 小间穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>Upper part of the proximal segment of the index finger, 0.2 <i>Cun</i> distal to Dajian (11.01). 食指第一节外上方，距大间穴高二分。</p>
<p>Indications 主治：</p>	<p>Bronchitis, expectoration of yellow sputum, stuffiness in the chest, palpitation, knee pain, hernia, pain of the corner of the eye and enteritis. 支气管炎、吐黄痰、胸部发闷、心跳、膝盖痛、小肠气、疝气、眼角痛、肠炎。</p>
<p>Location of the point 取穴：</p>	<p>The patient is in a supine position with the palm facing upward. Locate the point at the upper radial part of the proximal segment of the index finger, 0.2 <i>Cun</i> above Dajian (11.01). 平卧、手心向上、取食指第一节外上方，距大间穴上二分是穴。</p>
<p>Manipulation 手术：</p>	<p>Lung and heart diseases: Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i>. Hernia, knee pain: Insert a 0.5 <i>Cun</i> needle to a depth of 0.2-0.25 <i>Cun</i>. (It is contraindicated to needle the points on both hands simultaneously.) 五分钟，针一分至二分治心肺病变，二分至二点五分治小肠气、疝气、膝痛。（原注不宜双手取穴）</p>
<p>Remarks 说明：</p>	<p>This point is on the Line B at the palmar side of the index finger. Divide the line between the metacarpophalangeal joint and the first interphalangeal joint into 4 equal parts; the point is on the junction between the distal $\frac{1}{4}$ and the proximal $\frac{3}{4}$ of the line. 大间、小间两穴皆位于阴掌食指第一节 B 线上，取穴采三分点法，即以两指节距离之 $\frac{1}{3}$ 处各取一穴，在上者（靠指尖者）为小间，在下者（靠掌者）为大间。</p>
<p>Mechanism, Elucidation and Application:</p>	<p>XiaoJian (11.02) is on the index finger, lateral to the LI channel. It is indicated in enteritis. Since the Large Intestine is internally-externally related with the Lung, it can also treat bronchitis, yellow expectoration, stuffiness in the chest, and bronchiectasis. Through the extraordinary connection of the Large Intestine and Liver, it can treat intestinal hernia, hernia and canthus pain. Its clinical application with the theory of holographic correspondence is the same as that of point Dajian(11.01). It is also indicated in palpitation and knee joint pain. Needling this point with shallow insertion treats diseases of the heart and lung. Needling this point with deep insertion may have further indications such as intestinal hernia, hernia and knee joint pain.</p>

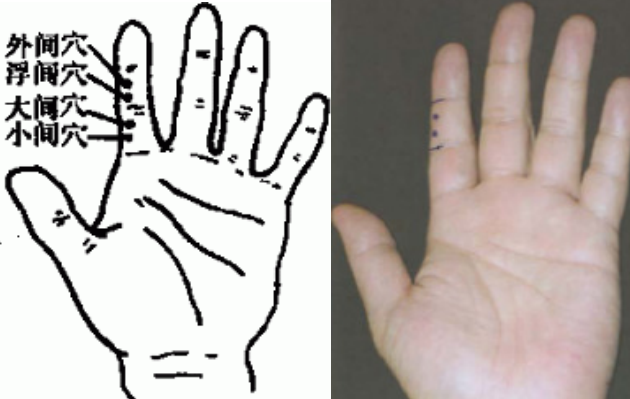
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11.03 Fujian (Floating Distance) 浮间穴

<p>Image 附图 :</p>	 <p>The diagram on the left shows a line drawing of a right hand with the index finger extended. Four points are marked on the index finger: '外间穴' (Outer Intergate), '浮间穴' (Floating Intergate), '大间穴' (Large Intergate), and '小间穴' (Small Intergate). The '浮间穴' is located on the middle segment of the index finger. The photograph on the right shows a real hand with the same points marked on the index finger.</p>
<p>Location 部位 :</p>	<p>1/5 of a <i>Cun</i> radial to the midline of the middle segment of the index finger. 食指第二节中央外开二分。</p>
<p>Indications 主治 :</p>	<p>Hernia, urethritis, toothache and gastric pain. 疝气、尿道炎、小肠气、牙痛、胃痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.2 <i>Cun</i> radial from the midline of the middle segment of the index finger, 1/3 <i>Cun</i> from the distal crease. 食指第二节正中央线外开二分，距第三节横纹三分三处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert a 0.5 <i>Cun</i> needle to a depth of 0.2-0.25 <i>Cun</i>. (It is contraindicated to needle the points on both hands simultaneously.) 五分针，针二分至二点五分。（原注：禁忌双手同时取穴）</p>
<p>Remarks 说明 :</p>	<p>This point is on the Line B at the palmar side of the index finger. Divide the line between the second phalanx joint into 3 equal portions; the point is located at the junction between the distal 1/3 and proximal 2/3 of the line.</p>
<p>Mechanism, Elucidation and Application:</p>	<p>Through the extraordinary connection of the liver and large intestine and the sequential correspondence of the hand and body, it treats hernia, urethritis and intestinal hernia. Since the Large Intestine is connected with the Stomach of hand and foot <i>YangMing</i>, it treats toothache and stomachache. Based upon the principle of selecting few points to reduce pain, it is usual to select left point for right disease and vice versa. When the disease affects both sides, select the left side for male patients and right side for female patients. However, according to my experience, the point may be selected bilateral.</p>


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11.04 *WaiJian* (Outer Distance) 外间穴

Image 附图 :	
Location 部位 :	1/5 of a <i>Cun</i> radial to the midline of the middle segment of the index finger, 2/3 <i>Cun</i> away from the distal crease. 食指第二节正中线外开二分，距第三节横纹六分
Indications 主治 :	Hernia, urethritis, toothache and stomachache. 疝气、尿道炎、小肠气、牙痛、胃痛。
Location of the point 取穴 :	Locate the point 0.2 <i>Cun</i> radial from the midline of the middle segment of the index finger, 2/3 <i>Cun</i> away from the distal crease. 当食指第二节正中央线外开二分，距第三节横纹六分六是穴。
Manipulation 手术 :	Insert a 0.5 <i>Cun</i> needle to a depth of 0.2-0.25 <i>Cun</i> . (It is contraindicated to needle the points on both hands simultaneously.) 五分针，针二分至二点五分。（原注：禁忌双手同时取穴）
Remarks 说明 :	FuJian (11.03) and WaiJian (11.04) are all located on Line B at the palmar side of the index finger. Divide the line between the second phalanxes into 3 equal portions; WaiJian (11.04) is at the lower portion and the FuJian (11.03) is at the upper portion.. 浮间、外间两穴均在阴掌（掌心）食指第二节之B线上，取穴采三分点法，下穴为外间，上穴为浮间。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. Through the extraordinary connection of the liver and large intestine and the sequential correspondence of the hand and body, it is indicated in hernia, urethritis and intestinal hernia. 2. Since the Large Intestine is connected with the Stomach of hand and foot <i>YangMing</i>, it treats toothache (also reverse correspondence of the hand and body) and stomachache.

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11.05 *ZhongJian* (Center Distance) 中间穴

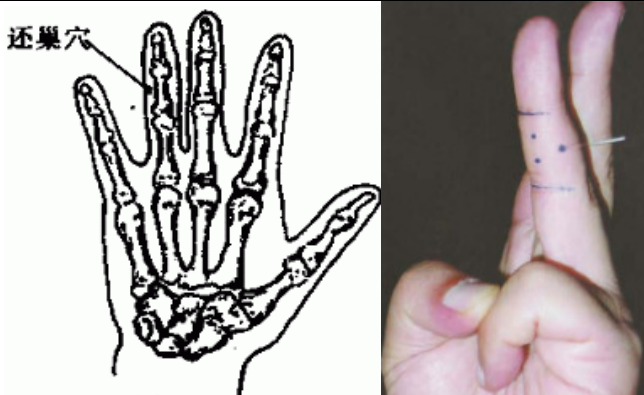
Image 附图：	
Location 部位：	In the center of the proximal segment of the index finger. 食指第一节正中央。
Indications 主治：	Palpitation, suffocating sensation in the chest, knee pain, dizziness, blurred vision, and hernia 心悸、胸部发闷、膝盖痛、头晕、眼昏、疝气。
Location of the point 取穴：	Locate the point in the center of the proximal segment of the index finger. 当食指第一节正中央是穴。
Manipulation 手术：	<ol style="list-style-type: none"> 1. Heart, chest, head and eye problems: Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i>. 2. Hernia and knee pain: Insert a 0.5 <i>Cun</i> needle to a depth of 0.25 <i>Cun</i>. <p>(It is contraindicated to needle the points on both hands simultaneously.) 五分钟，针深一分至二分治心胸头眼病，针二分半治疝气及膝痛。（原注：禁忌双手同时取穴）</p>
Usage 运用：	A set prescription for hernia: It is most effective by selecting the four points: <i>WaiJian</i> (11.04), <i>DaiJian</i> (11.01), <i>XiaoJian</i> (11.02) and <i>ZhongJian</i> (11.05) simultaneously. 治疝气成方——外间、大间、小间、中间四穴同时用针为主治疝气之特效针。
Remarks 说明：	It is located at the midpoint of the palmar crease of the proximal interphalangeal joint of the index finger, the midpoint of Line C. 上述之大间、小间、外间、浮间、中间等穴均忌双手取穴，一般而言，单手取穴，以男左女右为准则。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. Generally, bilateral selection of the above points <i>DaiJian</i>, <i>XiaoJian</i>, <i>FuJian</i>, <i>WaiJian</i>, and <i>ZhongJian</i> are avoided. In unilateral selection, needle left side for male patient and right side for female patient. 上述之大间、小间、外间、浮间、中间等穴均忌双手取穴，一般而言，单手取穴，以男左女右为准则。 2. All of the above points are specific points for hernia. If bloodletting therapy is used around medial and lateral malleolus with the three-edged needle, the results will improve. 上述诸穴为治病之特效穴，若能配合三棱针在内踝及内踝周围点刺放血，效果更佳。 3. According to the "correspondence between hand and trunk" of Master Tung, this selection of the hand corresponds to the genitalia. All five points are therefore indicated in hernia. In addition, all five points are located on the index finger, being connected with the Large Intestine. According to the theory of the extraordinary connection of the Liver and Large Intestine, such indication is understandable. 依据董氏对应针法（见附三）第四种之“手躯顺对法”，董氏以五个“间”穴治疗疝气，具有一定的道理。此五穴均在食指上，与大肠经有关，透过“肝与大肠通”之理论，治疗疝气当然有效。 4. These points can treat dizziness, vertigo and blurred vision, via the theory of "extraordinary connection of the Large Intestine and Liver" and "sequential

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	<p>correspondence of hand and trunk".</p> <p>5. Master Tung attached greater importance to the connection of the Heart and knee. All points indicated in pathological changes of the Heart are of used to treat knee joint pain. 董师极为注重心与膝之关系，凡能治心脏病变之穴位，亦常用于治膝部疼痛。</p> <p>6. Needling this point with shallow insertion treats near diseases, while needling this point with deep insertion treats distal diseases. Needling this point to a depth of 0.1 to 0.2 <i>Cun</i> treats diseases of the head, face and chest. Needling this point to a depth of 0.25 <i>Cun</i> treats hernia and knee joint pain.</p>
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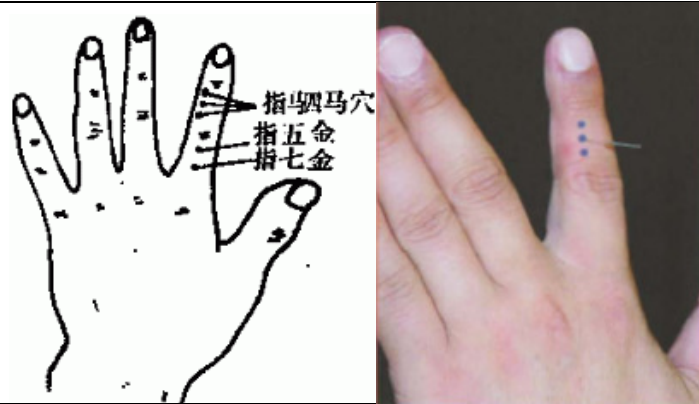
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11.06 HuanChao (Return Nest) 还巢穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the ulnar side of the middle segment of the ring finger, in the center between the 2nd and 3rd finger creases 在无名指中节外侧（靠近小指之侧）正中央。</p>
<p>Indications 主治 :</p>	<p>Uterine pain, uterine tumor, metritis, irregular menstruation, leucorrhea with reddish discharge, tubal obstruction, retroversion of the uterus, frequent urination, vaginal swelling, frequent miscarriage. 子宫痛、子宫瘤、子宫炎，月经不调、赤白带下、输卵管不通、子宫不正、小便过多、阴门发肿、安胎。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the ulnar side of the middle segment of the ring finger, in the center between the second and third finger creases. 当无名指外侧正中央点是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert a 0.5 <i>Cun</i> needle to a depth of 0.2-0.3 <i>Cun</i>. (It is contraindicated to needle the points on both hands simultaneously.) 五分针，针二至三分。（原注：禁忌双手同时取穴。）</p>
<p>Remarks 说明 :</p>	<p>It is located on Line E of the middle segment of the ring finger. To locate the point, the finger is divided into two equal portions, i.e. locate the point in the center between the second and third creases of the ring finger of the ulnar aspect. 还巢穴位于阴掌无名指第二节E线上，仅一穴，取穴采二分点法，即无名指第二节靠近小指之侧黑白肉际中点。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point is located on the <i>SanJiao</i> Channel on the ring finger. With the connection of the <i>SanJiao</i> and Kidney, it can regulate the <i>SanJiao</i> and tonify the Kidney. 2. Master Tung considered all the points on the ring finger to affect the Liver. 3. This point tonifies the Liver and Kidney, regulates the <i>SanJiao</i>, soothes the Liver and regulates the <i>Qi</i>, it is therefore effective for female diseases. 4. When this point combines with point FuKe (11.24) selected on the other side (left FuKe with right HuanChao (11.06) or vice versa), it is extremely effective for the treatment of infertility. 本穴配妇科穴，左右交替（即针左妇科配右还巢，针右妇科则配左还巢，治不孕症有极佳疗

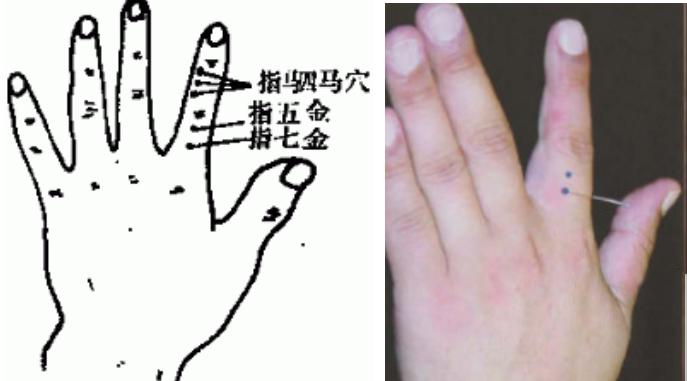
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11.07 ZhiSiMa (Finger Rapid Horse) 指驷马穴

Image 附图：	
Location 部位：	On the line 0.2 <i>Cun</i> on the ulnar side of the midline of the middle segment of the dorsal aspect of the index finger. 食指背第二节外侧，中央线外开二分直线上。
Indications 主治：	Pleurisy, pain of the pleura, dermatosis, dark spots on the face, rhinitis, tinnitus and otitis. 肋膜炎、肋膜痛、皮肤病、脸面黑斑、鼻炎、耳鸣、耳炎。
Location of the point 取穴：	Locate the first point 0.2 <i>Cun</i> on the ulnar side of the midline of the middle segment of the dorsal index finger. The second point is 0.3 <i>Cun</i> above the first one and the third is 0.3 <i>Cun</i> below it. 当食指背第二节中线外开二分之中点一穴，其上三分一穴，其下三分一穴，共三穴。
Manipulation 手术：	Insert a needle closely along the edge of the phalanx to a depth of 0.2-0.3 <i>Cun</i> . 贴骨旁下针，针深二分至三分。
Remarks 说明：	This unit of three points is located in the ulnar aspect of the middle segment of the dorsal index finger. The segment is divided into four equal portions. 指驷马位于食指背第二节小侧，计三穴，取穴采四分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. When this point is combined with Mu (11.17), it is effective for treating skin diseases of fingers on the palmar side. 本穴配木穴治疗掌指之皮肤病极特效。 2. It is very effective for shoulder pain. 本穴治肩痛效果甚佳。 3. It has the function of delectation. 本穴亦有退乳回奶之功效。 4. The point is located on the Large Intestine channel, and is related externally-internally to the Lung and governs the skin, so it is effective for skin diseases. 5. Since the Liver and Large Intestine have extraordinary connection, it soothes the Liver, and is therefore able to treat hypochondriac pain. It also treats diseases of the breast.

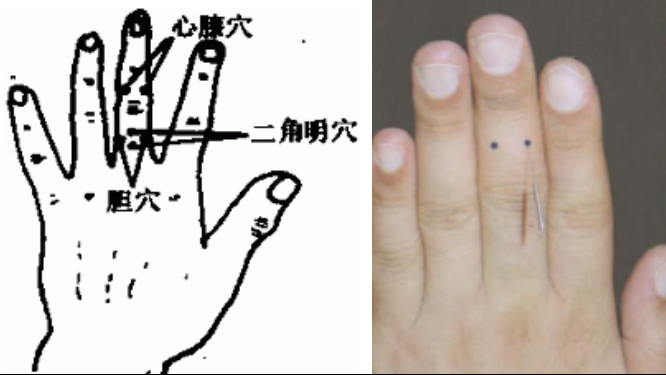
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11.08 ZhiWuJin & ZhiQianJin (Golden Five Finger & Golden Thousand Finger) 指五金、指千金穴

Image 附图：	 <p>The diagram on the left shows the back of a hand with points marked on the index finger. Labels point to '指马穴' (ZhiMaXue), '指五金' (ZhiWuJin), and '指七金' (ZhiQiJin). The photograph on the right shows a real hand with a needle inserted into the point labeled '指五金'.</p>
Location 部位：	1/5 of a <i>Cun</i> on the ulnar side of the midline of the proximal segment of the dorsal index finger. 食指背第一节中央外开二分直线上。
Indications 主治：	Enteritis, abdominal pain, and fish bone struck in the throat. 肠炎、腹痛、鱼刺经喉。
Location of the point 取穴：	Locate ZhiWuJin (11.08) on the line 0.2 <i>Cun</i> on the ulnar side of the midline of the proximal segment of the dorsal index finger, 1/3 <i>Cun</i> from the second finger crease, and ZhiQianJin (11.08) is 2/3 <i>Cun</i> from the second finger crease. 当食指背第一节中央线外开二分直线上，距第二节横纹三分三为指五金穴，六分六为指千金穴。
Manipulation 手术：	Insert a needle closely along the edge of the phalanx to a depth of 0.2-0.3 <i>Cun</i> . 贴骨旁下针，针深二分至三分。
Remarks 说明：	ZhiWuJin and ZhiQianJin are located at the ulnar aspect of the proximal segment of the index finger. To locate them, the segment is divided into two equal portions. The lower is ZhiWuJin and the upper is ZhiQianJin . 指五金、指千金位于食指背第一节小侧，计二穴，取穴三分点法，下穴为指五金，上穴为指千金。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. All points named "<i>WuJin</i>" and "<i>QianJin</i>" are indicated in diseases of the intestine, abdomen and throat, but ShouWuJin (33.08), ZuWuJin (77.25), ShouQianJin (33.09) and ZuQianJin (77.24) are more effective than ZhiWuJin and ZhiQianJin (11.08). 凡名五金千金者皆能治肠腹喉病，唯手足之五金、千金效皆大于指之五金、千金。 2. Points with the name "<i>Jin</i> (Metal)" influence the Lung and Large Intestine. 3. Since the Large Intestine and Lung are externally-internally related, all the points located on the LI Channel on the index finger are indicated in diseases of the Lung and Large Intestine. 4. Since the Lung dominates the throat and the Large Intestine dominates the abdomen, the point is therefore indicated in the above diseases: enteritis, abdominal pain, and fish bone struck in the throat. It is also very effective for gastric and duodenal ulcer.

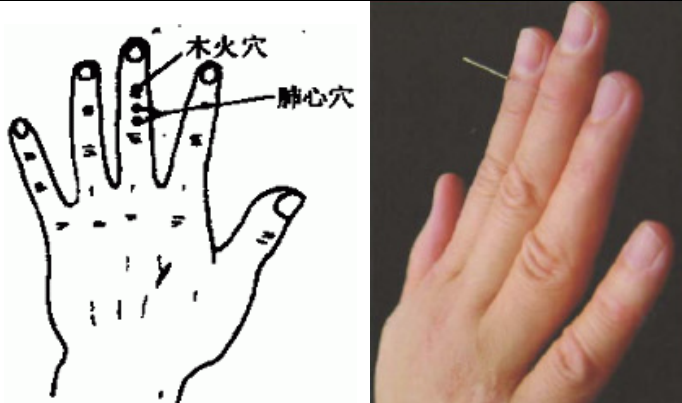
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11.09 XinXi (Heart Knee) 心膝穴

Image 附图：	
Location 部位：	On both sides of the middle segment of the middle finger on the dorsal side, in the center between the second and third finger creases. 在中指背第二节中央两侧。
Indications 主治：	Knee pain and scapulargia 膝盖痛、肩胛痛。
Location of the point 取穴：	Locate the points on both sides of the middle segment of the middle finger on the dorsal side, in the center between the second and third finger creases. 当中指背第二节两侧之中央点共二穴。
Manipulation 手术：	Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i> . 五分钟，针一分至二分。
Remarks 说明：	These points are located on both sides of the middle segment of the middle finger on the dorsal side, in the center between the 2 nd and 3 rd finger creases. 心膝穴位于阳掌中指第二节大侧、小侧之中央各一穴，取穴采二分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. This point is located on the middle finger and is effective for spinal pain. It has therapeutic effects for weakness of the knee and arthritis with deformed joints. 本穴位于中指上，治脊柱痛亦有效，治膝无力及变形性膝关节炎疗效极佳。 2. It is one of the most frequently used points by Master Tung in treatment of knee joint pain. 3. Since it is located on the Pericardium Channel and Pericardium is connected with the Stomach, which travels through DuBi (ST 35) and therefore has close relation with the knee joint. Personally, for the same reason I take NeiGuan (PC 6) as a special point for knee joint pain.


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11.10 MuHuo (Wood Fire) 木火穴

Image 附图：	
Location 部位：	In the center of the third finger crease of the middle finger on the dorsal side. 在中指背第三节横纹中央。
Indications 主治：	Hemiplegia. (Excellent effect was seen by needling this point in the treatment of hemiplegia of <i>Long Nuo</i> , the late president and marshal of Cambodia.) 半身不遂（此穴曾用于治疗高棉国总统朗诺元帅半身不遂，奇效。）
Location of the point 取穴：	Locate the point in the center of the third finger crease of the dorsal aspect of the middle finger. 当中指背第三节横纹中央点是穴。
Manipulation 手术：	Insert a needle superficially and obliquely towards the little finger. 皮下针间向（小指方向）横刺。
Remarks 说明：	For the first treatment, the needle is retained for 5 minutes. Five days later, it is retained for 3 minutes, and another 5 days later, it is retained for 1 minute. It is needled with limited duration and frequency. 第一次限用 5 分钟，5 日后限用 3 分钟，又 5 日后限用 1 分钟。时间及次数均不可多用。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. This point is near to point ZhongChong (PC 9) and strengthens the Heart, moving the Blood. It may improve the therapeutic functions of other points in treatment of wind stroke sequela. The single selection of this point is effective for weakness of the lower limbs after stroke as well as pain on the medial side of the knee joint and calf muscle. 本穴接近中冲穴有强心活血作用，治疗中风后遗症对其它各针有加强作用。单用治中风后下肢无力颇有效，尚能治膝内侧痛及小腿肚酸痛。 2. Stroke is related to Wind and Phlegm. The two <i>Yin</i> channels Liver (Wood) and Heart (Fire) both go up to the head. Liver-Wind and Phlegm-Fire are the main etiological factors of Wind Stroke. 3. The point is located on the "Fire" channel (PC Channel), close to the <i>Jing</i>-Well (Wood) point and between the <i>Jing</i>-Well point and <i>Ying</i>-Spring (Fire) and thus pertaining to Wood and Fire, and hence the name. 4. Strengthening the Wood Fire point warms the <i>Yang</i> (similar to strengthening Metal and Water for nourishing <i>Yin</i>). 5. Based upon the name of "<i>Mu</i> (Wood) <i>Huo</i> (Fire)", it is very effective for hemiplegia and cold limbs.

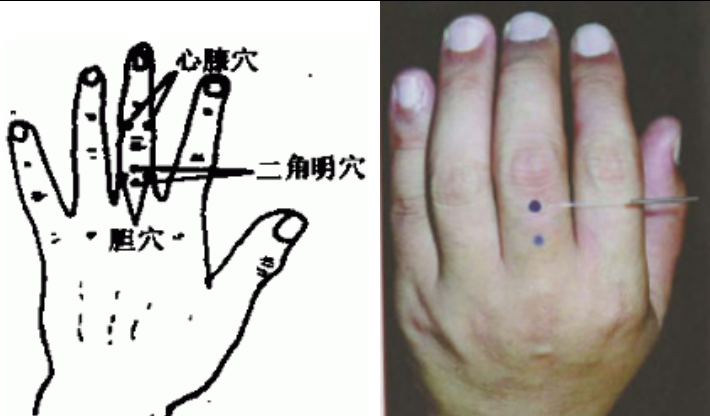
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11.11 FeiXin (Lung Heart) 肺心穴

<p>Image 附图 :</p>	 <p>The diagram on the left shows a hand with the middle finger highlighted. Two points are marked on the dorsal side of the middle finger: '木火穴' (Mu-Huo) on the proximal phalanx and '肺心穴' (FeiXin) on the middle phalanx. The photograph on the right shows a real hand with a needle inserted into the 'FeiXin' point on the middle phalanx of the middle finger.</p>
<p>Location 部位 :</p>	<p>On the middle segment of the dorsal aspect of the middle finger. 在中指背第二节中央线上。</p>
<p>Indications 主治 :</p>	<p>Spinal pain, neck pain, and leg pain. 脊椎骨疼痛、脖颈痛、小腿胀疼。</p>
<p>Location of the point 取穴 :</p>	<p>The first point is located on the midline of the middle segment of the middle finger on the dorsal side, 1/3 <i>Cun</i> from the third finger crease. The second is also located on the midline, 1/3 <i>Cun</i> from the second finger crease. 当中指背第二节中央线，距上下横纹三分三各一穴，共二穴。</p>
<p>Manipulation 手术 :</p>	<p>Horizontally and superficially insert a needle towards the little finger. 皮下针向外（小指方向）横刺。</p>
<p>Remarks 说明 :</p>	<p>This unit of points is located on the midline of the middle segment of the middle finger on the dorsal side. To locate the points, the segment is divided into three equal portions. 肺心穴位于中指背第二节中央线上，计二穴，取穴采三分点法。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. It is indicated in the pain of spinal vertebrae, lumbar and coccygeal vertebrae in particular. 本穴治脊椎痛，尤其是腰椎及尾椎，疗效颇佳。 2. This point is located on the middle phalange of the middle finger and corresponds to the spine, the central part of the center, and is therefore indicated in disorders of all the vertebrae. 3. This point also strengthens the Heart and therefore treats distention and pain of the leg.

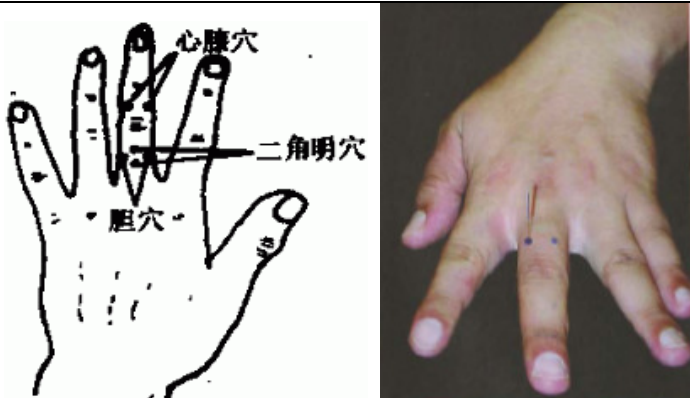
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11.12 ErJiaoMing (Two-Point Unit) 二角明穴

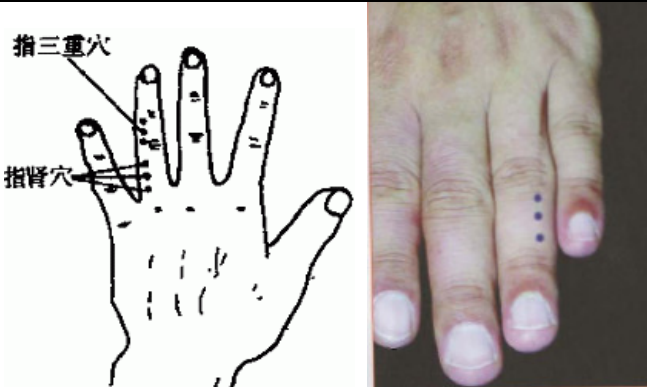
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the midline of the proximal segment of the middle finger. 在中指背第一节中央线上。</p>
<p>Indications 主治 :</p>	<p>Sprain in the lumbar region, pain in the supraorbital bone and nasal bone pain. 闪腰岔气、肾痛、眉棱骨痛、鼻骨痛。</p>
<p>Location of the point 取穴 :</p>	<p>The first point is located on the midline of the proximal segment of the middle finger on the dorsal side, 1/3 <i>Cun</i> away from the second crease. The second one is 2/3 <i>Cun</i> from the second finger crease. 当中指背第一节中央线，距第二节横纹三分三一穴，六分六一穴，共二穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert a 0.5 <i>Cun</i> needle obliquely towards the little finger to a depth of 0.2 <i>Cun</i>. 五分针，皮下针向外（小指方向）横刺二分。</p>
<p>Remarks 说明 :</p>	<p>The two points are located on the middle of the proximal segment of the middle finger on the dorsal side. To locate the points, the segment is divided into three equal parts. 二角明位于阳掌中指第一节中央线上，计有二穴，取穴采三分点法。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. ErJiaoMing has remarkable effect in the treatment of the lower back pain, acute lumbar sprain, supraorbital pain, and pain of the nasal bone (including frontal headache). Puncture this point subcutaneously towards the lateral side. 本穴治疗腰痛、闪腰岔气、眉棱骨痛、鼻骨痛（含前额痛），效果显著，针刺时向外沿皮刺。 2. Master Tung considered this point to affect the Kidney, it is therefore indicated in acute lumbar sprain and lower back pain due to Kidney deficiency. 3. The middle finger corresponds to the <i>Du</i> Channel and middle of the body, the point is therefore indicated in the pain of the lumbus and spine. 4. The point is located on the course of PC channel on the middle finger. Pericardium is connected with the Stomach, it is therefore indicated pain in the supraorbital ridge and the nasal bone pain. It also treats high intraocular pressure.

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11.13 Dan (Gallbladder) 胆穴

Image 附图：	 <p>The diagram shows the location of the Dan point on the middle finger, labeled '胆穴'. The photograph shows the actual finger with the point marked by a blue dot.</p>
Location 部位：	In the center of the proximal segment of the middle finger on the dorsal side. 在中指第一节两侧中点。
Indications 主治：	Palpitations and morbid night crying of babies. 心惊、小儿夜哭。
Location of the point 取穴：	The points are located in the center of the proximal segment of the middle finger on the dorsal side. 当中指第一节两侧之中点，共二穴。
Manipulation 手术：	Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i> . 五分针，针一分至二分。
Remarks 说明：	The unit of points is located at the ulnar and radial aspects of the proximal segment of the middle finger on the dorsal side, in the center between the first and second finger creases. To locate them, the segment is divided into two equal portions. 胆穴位于阳掌中指第一节大侧、小侧中点各一穴，取穴仍采二分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. In addition of infantile night crying and fright, filiform-needling this point is extremely effective for knee pain. 胆穴除治疗小儿夜哭、心惊外，用毫针治疗膝痛亦极特效。 2. This point is located on the course of the PC channel on the middle finger. It is extremely effective for knee joint pain. With the extraordinary connection of the Heart and Gallbladder, it is also effective for infantile night cry and fright due to deficiency of the Gallbladder. 本穴位于中指心经上，治膝痛极效。透过心与胆通，尚能治胆虚之小儿夜哭及心惊。 3. All the points of the PC channel have the function to strengthen the Heart and calm the mind. Since the Pericardium has the connection with the Stomach, and disharmony of the Stomach may disturb the sleep, and therefore the point can treat the above disease. This is the same reason for the indications related to the Gallbladder.

11.14 ZhiSanZhong (Three-Point Unit) 指三重穴

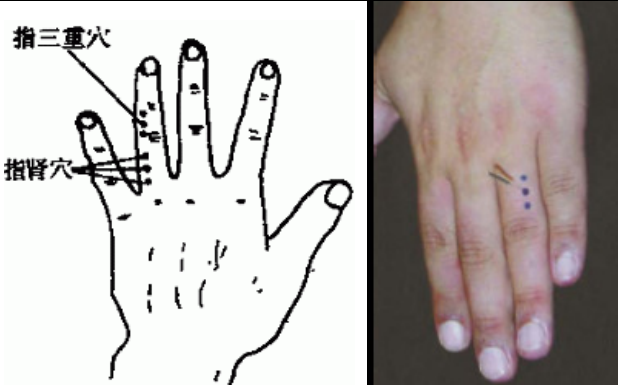
Image 附图：	 <p>The diagram shows the location of the ZhiSanZhong point on the middle finger, labeled '指三重穴'. The photograph shows the actual finger with the point marked by a blue dot.</p>
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Location 部位：	On the ulnar and dorsal aspect of the proximal segment of the ring finger. 在无名指中节之外侧。
Indications 主治：	Wind expelling, facial paralysis, swollen breast and muscle atrophy. 驱风、脸面神经麻痹、乳肿大、肌肉萎缩。
Location of the point 取穴：	The first point is located 0.2 <i>Cun</i> on the ulnar side of the midline of the middle segment of the dorsal aspect of the ring finger; 1/3 <i>Cun</i> above it is the second point; and 1/3 <i>Cun</i> below it is the third point. 当无名指中节中央线外开二分之一中点一穴，其上三分一穴，其下三分一穴，共三穴。
Manipulation 手术：	Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i> . 五分钟，针一分至二分。
Remarks 说明：	This unit of points is located in the ulnar aspect of the middle segment of the dorsal side of the ring finger. To locate these points, the segment is divided into four equal portions. 指三重位于阳掌无名指第二节小指侧，计有三穴，取穴采四分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. It has the same therapeutic function as point SanZhong (77.07) on the leg with slightly less effect. 本穴功同小腿部位之三重穴，效果稍小。 2. It has remarkable therapeutic effect for migraine. It is also indicated in occipital pain. 本穴治偏头痛有显效。 3. Tung's extra point on the ring finger HuanChao (11.06) and ZhiSanZhong (11.14) can all affect the Liver and Kidney. However, HuanChao (11.06) and ZhiShen (11.15) give more influence to the Kidney and ZhiSanZhong (11.14) and MuYan (11.20) give more influence to the Liver.

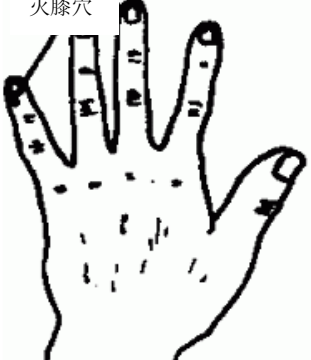
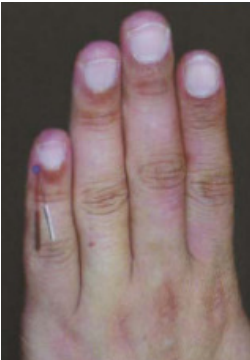
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11.15 *ZhiShen* (Finger Kidney) 指肾穴

Image 附图：	 <p>The diagram on the left shows a hand with three points marked on the ulnar side of the proximal segment of the ring finger. The photograph on the right shows a real hand with these points marked with blue ink. Labels in Chinese point to the 'Three Points' (指三重穴) and the 'Finger Kidney' (指肾穴) area.</p>
Location 部位：	On the ulnar aspect of the proximal segment of the dorsal side of the ring finger. 在无名指背第一节之外侧。
Indications 主治：	Thirst, deficiency of the Kidney, hypofunction of the heart, and back pain. 口干、肾亏、心脏衰弱、背痛。
Location of the point 取穴：	These three points are located on the ulnar aspect of the proximal segment of the dorsal side of the ring finger. The first point is located 0.2 <i>Cun</i> on the ulnar aspect of the midline of proximal segment of the dorsal aspect of the ring finger; 1/3 <i>Cun</i> distal to it is the second point; and the third one is 1/3 <i>Cun</i> proximal to the first one. 当无名指第一节中央线外开二分之一之中点一穴，其上三分一穴，其下三分一穴，共三穴。
Manipulation 手术：	Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i> . 五分针，针一分至二分。
Usage 运用：	In the treatment of back pain, use the three points simultaneously. 治背痛宜三针同下。
Remarks 说明：	This unit of points is located at the ulnar side of the proximal segment of the dorsal aspect of the ring finger. To locate them, the segment is divided into four equal portions. 指肾穴位于阳掌无名指第一节小指侧，计有三穴，取穴采四分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. With the connection of the <i>SanJiao</i> and Kidney, it treats dry mouth and Kidney deficiency. 2. Master Tung often used this point to treat pain of m. latissimus dorsi (close to point GaoHuang BL 43) 本穴董师常用治阔背肌（膏肓穴附近）疼痛。 3. It has the same therapeutic function as TongShen (88.09) on the thigh with slightly less effect. 本穴与大腿部位之通肾穴相同，唯效果略小。

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11.16 *HuoXi* (Fire Knee) 火膝穴

Image 附图 :	<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;">  </div>  </div>
Location 部位 :	1/5 of a <i>Cun</i> lateral to the nail root notch of the dorsal side of the little finger. 在小指甲外侧角后二分。
Indications 主治 :	Knee pain, arthritis, and rheumatic heart disease. 膝盖痛、关节炎、风湿性心脏病。
Location of the point 取穴 :	The point is located 0.2 <i>Cun</i> lateral to the nail root notch of the dorsal side of the little finger. 当小指甲外侧角之后二分处是穴。
Manipulation 手术 :	Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i> . 五方针，针一分至二分。
Remarks 说明 :	It is located on the Small Intestine Channel, 0.1 <i>Cun</i> posterior to ShaoZhe (SI 1) . 火膝穴在小肠经上，即少泽穴后一分。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. Master Tung used HuoXi (11.16) to treat psychosis due to misting of the Heart by Phlegm and obtained good therapeutic effect, especially when induced by anger. 本穴董师用治痰迷心窍之精神病有效。（生气所致） 2. This point is indicated in difficulty in raising the arm, and has a special effect for pain on the channel of hand <i>TaiYang</i>. 本穴治肩臂不举，手太阳经疼痛者有殊效。 3. This point is located near the <i>Jing-Well</i> point of the SI Channel, and has the function to open the orifice and resuscitate. Heart and Small Intestine are externally-internally related, and the <i>Du</i> channel is also connected with the SI channel and therefore the point has extremely good effect for mental disorders. It is also effective for pain due to anger. 本穴在小肠井穴附近，亦具开窍作用，心与小肠表里，奇经之督脉与小肠亦相关，因此本穴治疗神志作用极好。（生气所致之疼痛亦有效） 4. It is very effective for rheumatoid arthritis with deformed joints. 本穴用治变形性膝关节炎亦极有效。 5. This point is located on the SI channel on the small finger. Since the Heart is externally-internally related to the Small Intestine, it is indicated in heart and mental diseases and knee joint pain. Besides with the connection of Small Intestine and Spleen, it is also effective for frozen shoulder.

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11.17 Mu (Wood Point) 木穴

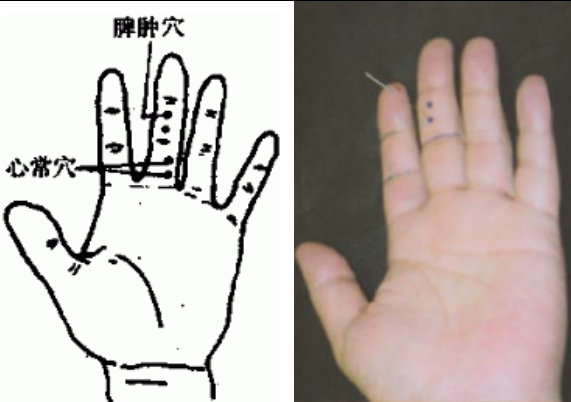
<p>Image 附图 :</p>	 <p>The image consists of two parts. On the left is a line drawing of a right hand, palm facing up, with the index finger extended. Two points are marked on the medial aspect of the index finger, labeled '木穴' (Mu point). On the right is a photograph of a real hand, palm facing up, showing the same two points marked on the index finger.</p>
<p>Location 部位 :</p>	<p>On the medial aspect of the index finger on the palmar side on the line of 0.2 <i>Cun</i> away from the midline. 在掌面食指之内侧，计有二穴点。</p>
<p>Indications 主治 :</p>	<p>Hyperactivity of Liver-Fire and irritability 肝火旺、脾气燥。</p>
<p>Location of the point 取穴 :</p>	<p>These two points are located on the medial aspect of the index finger on the palmar side, on the line of 0.2 <i>Cun</i> away from the midline. Locate the upper Mu 1/3 <i>Cun</i> from the middle segment crease and the lower Mu 2/3 <i>Cun</i> from the middle segment crease. 当掌面食指之内侧，距中央线二分之直线上，上穴距第二节横纹三分三。下穴距第二节横纹六分六，共二穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needles 0.2-0.3 <i>Cun</i> deep. 针深二分至三分。</p>
<p>Remarks 说明 :</p>	<p>There are two points, and they are located at the Line D on the first phalanx of the palmar side of the index finger. Divide the line into 3 parts, the point is on the junction between the distal 1/3 and the proximal 2/3 of the line. In clinical practice, it is used to needle on point, and select the point near the metacarpophalangeal joint. 木穴位于阴掌食指第一节D线上，计有二穴，取穴采三分点法，临床多半只取一穴。一般而言，以下穴为准。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. Mu (11.17) is one of the commonly used points on the palm. It is effective for dryness in the eyes, lacrimation, palm sweating, common cold and rough and hard skin of the hand. 本穴为掌面常用穴道之一，对于眼睛发干、眼易流泪、手汗、感冒、手皮发硬等皆有疗效。 2. It has special effect for dryness and cracks of palm and skin diseases of the hand. I have cured tens of patients suffering from dryness and cracks of hand. Each case was cured after 3 to 4 treatments on average. 本穴治疗手掌皱裂，手皮肤病尤具特效。本人以此治愈数十例富贵手，平均三至四次即愈。 3. This point can be used to treat excessive nasal discharge, no matter if it is thin or thick. In case of naso-sinusitis caused by Fire in the Gallbladder, it can help clear the Liver Heat and reduce Gallbladder-Fire. 本穴治疗鼻涕多，不论清涕浓涕皆有效，尤其感冒流涕可止于顷刻。 4. It stops running nose immediately for the common cold. "Mu" means 'Wood' which dominates Wind, and this point is connected with the nose through channel and collaterals, it is therefore a very good point for nasal disease. 本穴治手皮肤病及手掌皱裂，以患侧为主。治其它各病以对侧为主。 5. This point is selected from the diseased side for skin diseases of hand and dryness and cracks of palm. For other diseases, it is selected from the healthy side. 6. This point has remarkable therapeutic effect for skin itching due to

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	<p>exogenous pathogenic Wind. 本穴对外感风邪所致之皮肤骚痒亦有著效。</p> <p>7. The point clears head, benefits eyes, opens the orifices and disperses Liver <i>Qi</i> stagnation. Since it is located on the index finger, it treats many diseases through the extraordinary connection of the Liver and Large Intestine. The indication of nasal diseases is based upon the function of the channel and the Liver function in maintaining free flow of <i>Qi</i>. With the external-internal relation between the Lung and Large Intestine, it is indicated in skin diseases of the hand and skin itching. 本穴具有清利头目，开窍疏肝的作用，位在食指上，亦系透过“肝与大肠通”之关系治疗多种疾病。其治鼻病，一系经络作用，一则与疏肝亦有关。</p> <p>*I used to treat one female patient with severe dryness, cracks and bleeding of hand and foot who already received treatments in several hospitals for 3 months with no effect. Her hand couldn't touch objects and her foot couldn't take the pressure touching the ground. She was carried by her son on his back to my clinic. In the treatment I only bled WeiZhong (UB 40) and ChiZi (LU 5) with three-edged needle. She was cured in 2 treatments.</p> <p>本人曾治一严重手足干燥翻裂出血之妇人，已在数大医院治疗三月无效，</p> <p>手不能触物，足不能着地，经其子背负而来，仅在尺泽及委中三棱针点刺，</p> <p>二次即皮肤收口而愈，见者无不称叹刺血之妙。</p> <p>*Summary: The six points on the index finger are all related to Wood, and have proved the theory that the Liver and Large Intestine have extraordinary connection. The reason that they treat heart diseases is probably that they can strengthen the Wood and promote Fire.</p>
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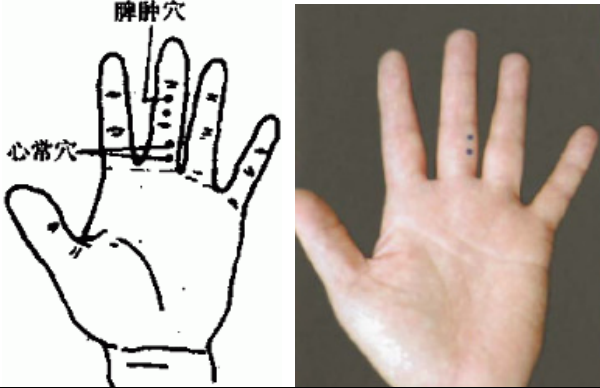
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11.18 PiZhong (Spleen Two Point Unit) 脾肿穴

Image 附图：	 <p>The image consists of two parts. On the left is a line drawing of a human hand, palm facing up, with the middle finger extended. Two points are marked on the middle segment of the middle finger, labeled '脾肿穴' (PiZhong) and '心常穴' (XinChang). On the right is a photograph of a real human hand, palm facing up, with the same two points marked on the middle finger.</p>
Location 部位：	On the midline of the middle segment of the palmar middle finger on the palmar aspect. 在掌面中指第二节中央线上。
Indications 主治：	Enlargement of the spleen, splenitis, and splenokeratosis. 脾肿大、脾炎、脾硬化。
Location of the point 取穴：	These two points are located on the midline of the middle segment of the middle finger on the palmar aspect, 1/3 <i>Cun</i> from the distal crease and 2/3 <i>Cun</i> from the distal crease. 当掌面中指第二节中央线上，距第三节横纹三分三穴，六分六穴，共二穴。
Manipulation 手术：	Insert the needles 0.1-0.2 <i>Cun</i> deep. 针深一分至二分。
Remarks 说明：	The two points called PiZhong (11.18) are located on the Line C of the middle segment of the palmar aspect at the middle finger. To locate the points the segment is divided into three equal portions. 脾肿穴位阴掌中指第二节C线上，计有二穴，取穴采三分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. PiZhong (11.18) is indicated in splenomegaly, splenitis and splenokeratosis. Since this point is located on the middle finger, pertaining to Fire, it strengthens Fire to promote Earth. However, the effect is not as good as that of such points as SanHuang (88.12, 13, 14), SanZhong (77.07), MuDou (66.07) and MuLiu (66.06). 本穴治脾肿大虽有效，但不若上三黄、三重、木斗、木留等穴。 2. PiZhong is indicated in indigestion and abdominal distention when combined with TongGuan (88.01) and TongShan (88.02). 3. PiZhong is very effective for hiccup because "the Stomach and Pericardium have extraordinary connection".

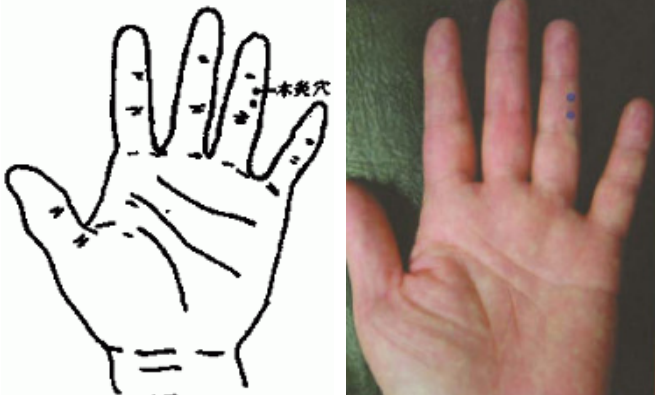
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11.19 XinChang (Heart Normal) 心常穴

Image 附图：	 <p>The diagram on the left shows a hand with the middle finger extended. Two points are marked on the proximal segment of the middle finger: one near the base (labeled '心常穴') and one further up (labeled '脾脏穴'). The photograph on the right shows a real hand with the same two points marked on the middle finger.</p>
Location 部位：	1/5 of a <i>Cun</i> on the ulnar side of the midline of the proximal segment on the palmar aspect of the middle finger. 在掌面中指第一节之中线外开二分处。
Indications 主治：	Palpitations, heart diseases and rheumatic heart disease. 心悸、心脏病、心脏性之风湿病
Location of the point 取穴：	These two points are located 0.2 <i>Cun</i> on the ulnar side of the midline of the proximal segment on the palmar aspect of the middle finger. One is 1/3 <i>Cun</i> away from the second digital crease, and the other is 2/3 <i>Cun</i> away from the second digital crease. 当掌面中指第一节之中线向小指侧外开二分，距第二节横纹三分三一穴，六分六一穴，共二穴。
Manipulation 手术：	Insert the needles 0.1-0.2 <i>Cun</i> deep. 针深一分至二分。
Remarks 说明：	XinChang (11.19) is on the Line D of the proximal segment of the palmar aspect of the middle finger. To locate the points, the segment is divided into three portions. 心常穴位于阴掌中指第一节D线上，计有二穴，取穴采三分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. According to the name of "Xin" meaning 'Heart', the point is indicated in palpitation and arrhythmia. It can also be selected to treat tachycardia, enlargement of the heart and bradycardia with certain effect. 本穴顾名思义有治疗心悸及心律不整之功。 2. In case of enlargement of the heart, we can bleed those points on the back near heart such as SanJin (DT.07) first, and then needle this point. It has good effect. 对于心脏扩大可在背部心脏附近穴位，如三金等穴点刺出血后再针此，有良效。 3. This point is located on the PC Channel and is therefore effective for heart diseases.


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11.20 MuYan (Wood Inflammation) 木炎穴

Image 附图：	 <p>The diagram on the left shows a hand with lines indicating the segments of the fingers. Two points are marked on the ring finger. The photograph on the right shows a real hand with two blue dots marking the same points on the ring finger.</p>
Location 部位：	1/5 of a <i>Cun</i> on the ulnar side of the midline of the middle segment on the palmar aspect of the ring finger. 在掌面无名指第二节中央外开二分处。
Indications 主治：	Hepatitis, hepatomegaly and cirrhosis. 肝炎、肝肿大、肝硬化。
Location of the point 取穴：	These two points are located 0.2 <i>Cun</i> on the ulnar side of the midline of the middle segment on the palmar aspect of the ring finger. They are 1/3 <i>Cun</i> and 1/6 <i>Cun</i> from the third finger crease, respectively. 在掌面无名指第二节中央线外开二分，距第三节横纹三分三一穴，六分六一穴，共二穴。
Manipulation 手术：	Insert the needles 0.2-0.3 <i>Cun</i> deep. 针深二分至三分。
Remarks 说明：	These two points are on the Line D of the middle segment of the palmar aspect of the middle finger. To locate them, the segment is divided into three portions. 木炎穴位于阴掌无名指第二节D线上，计二穴，取穴采三分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. This point is located on the <i>ShaoYang</i> channel. Master Tung considered all the points on the ring finger to affect the Liver. 2. "Mu" (Wood) "Yan" (Blazing Fire) implies the meaning of "Liver-Fire" which is characterized by such manifestations as bitter mouth, irritability and mental restlessness. 本穴名为木炎，顾名思义能治肝火旺之病，如口苦，易怒，烦躁之病。 3. It clears Liver-Heat and reduces Liver-Fire. In addition to the above diseases, it is effective for hypochondriac pain and insomnia.

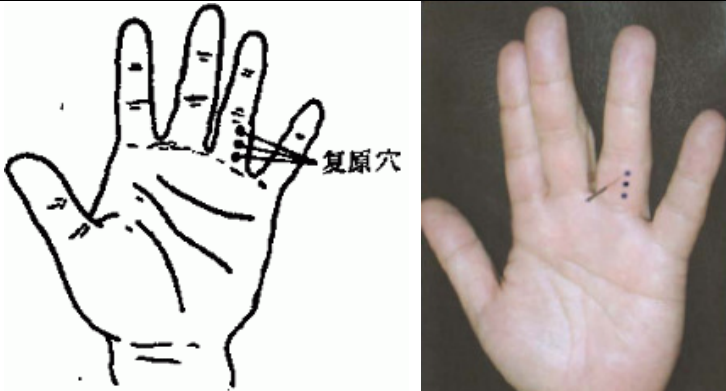
A Study on Tung's Acupuncture

11.21 *SanYan* (Three Eyes) 三眼穴

Image 附图 :	
Location 部位 :	1/5 of a <i>Cun</i> on the radial aspect of the midline on the palmar aspect of the ring finger, 0.2 <i>Cun</i> from the second crease of the ring finger. 在掌面无名指之内侧。
Indications 主治 :	Function like ZuSanLi (ST 36) with the supplementing method. 功同足三里穴。
Location of the point 取穴 :	This point is located 0.2 <i>Cun</i> radial side of the midline of the palmar aspect of the ring finger; 0.2 <i>Cun</i> from the second crease of the ring finger. 当掌面无名指中央线之内开二分，距第二节横纹二分处是穴。
Manipulation 手术 :	Insert the needles 0.2-0.3 <i>Cun</i> deep. 针深二分至三分。
Remarks 说明 :	SanYan (11.21) is on Line B on the palmar aspect of the ring finger. To locate the point, the segment is divided into three equal portions. The point is located 1/3 of the distance from them midline on the radial side of the proximal segment of the ring finger. 三眼穴位于阴掌无名指B线上，此穴仅一穴，但不采二分点取穴，该穴位于无名指第一节B线上1/3处。
Mechanism, Elucidation and Application:	SanYan has tonic effect as point ZuSanLi (ST 36) . Since it is located on the finger, the local muscle is thin with less <i>Qi</i> and blood, the tonic function is not as much as that of ZuSanLi .

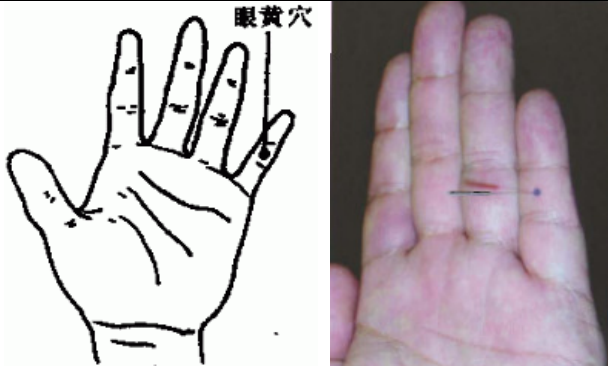
A Study on Tung's Acupuncture

11.22 *FuYuan* (Recover) 复原穴

<p>Image 附图 :</p>	 <p>The image consists of two parts. On the left is a line drawing of a human hand, palm facing up, with the ring finger extended. Three dots are marked on the ulnar side of the ring finger, with a line pointing to them from the label '复原穴' (FuYuan point). On the right is a photograph of a real human hand, palm facing up, showing the same three dots on the ring finger.</p>
<p>Location 部位 :</p>	<p>1/5 of a <i>Cun</i> on the ulnar side of the midline of the palmar surface of the ring finger. 在掌面无名指之中线外开二分处。</p>
<p>Indications 主治 :</p>	<p>Enlargement of bones. 消骨头胀大。</p>
<p>Location of the point 取穴 :</p>	<p>These three points are located on the palmar surface of the ring finger 0.2 <i>Cun</i> on the ulnar side of the midline. The first point is located at the center of the line from the proximal to distal border of the proximal segment, 0.2 <i>Cun</i> on the ulnar side of the midline; and 1/3 <i>Cun</i> distal to the central point is the second one; and 1/3 <i>Cun</i> proximal to the central point is the third one. 当掌面无名指之中央线外开二分直线之中点一穴，其上三分一穴， 其下三分一穴，共三穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needles 0.2-0.3 <i>Cun</i> deep. 针深二分至三分。</p>
<p>Remarks 说明 :</p>	<p>The points are on Line D of the palmar side of the ring finger. To locate them, the segment is divided into four equal parts. 复原穴位于阴掌无名指第一节 D 线上，计有三穴，采四分点法取穴。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point is located on the <i>SanJiao</i> channel on the ring finger. With the extraordinary connection of the <i>SanJiao</i> and Kidney, it treats bone diseases. 2. "<i>FuYuan</i>" means "recover". It means the point helps recovery from the swelling and enlargement of joints. Needling this point with the needle tip reaching the bone may have better results.

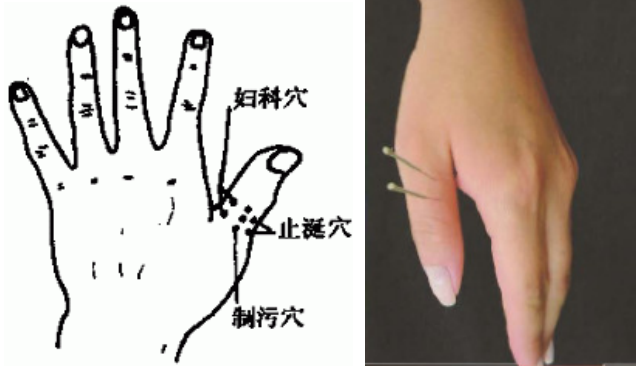
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11.23 YanHuang (Eye Yellow) 眼黄穴

Image 附图：	 <p>The image contains two parts. On the left is a line drawing of a human hand, palm facing up, with the little finger extended. A dot is marked on the middle segment of the little finger, labeled '眼黄穴' (YanHuang point). On the right is a photograph of a real human hand, palm facing up, with a small blue dot marked on the middle segment of the little finger, corresponding to the location of the YanHuang point.</p>
Location 部位：	On the palmar side, in the center of the middle segment of the little finger. 在掌面小指第二节之中央点。
Indications 主治：	Icteric sclera. (Jaundice) 眼发黄
Location of the point 取穴：	The point is located on the palmar side, in the center of the middle segment of the little finger. 当掌面小指第二节之中央点是穴。
Manipulation 手术：	Insert a 0.5 <i>Cun</i> needle to a depth of 0.1-0.2 <i>Cun</i> . 五方针，针一分至二分。
Remarks 说明：	The point is located on Line C in the center of the middle segment of the palmar aspect of the little finger. 眼黄穴位于阴掌小指第二节C线中央点上。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. Yellow eyes that often appear in jaundice or loose stool are usually due to Dampness in the spleen. 2. This point is located on the course of the SI channel. With the connection of the Spleen and Small Intestine, it can eliminate Damp like WanGu (SI 4) on the SI channel that can eliminate jaundice. Both of the two points help to eliminate Damp. 3. When it is combined with GanMen (33.11), it can treat acute jaundice, and when combined with SanHuang (88.12, 13, 14) it treats chronic jaundice.

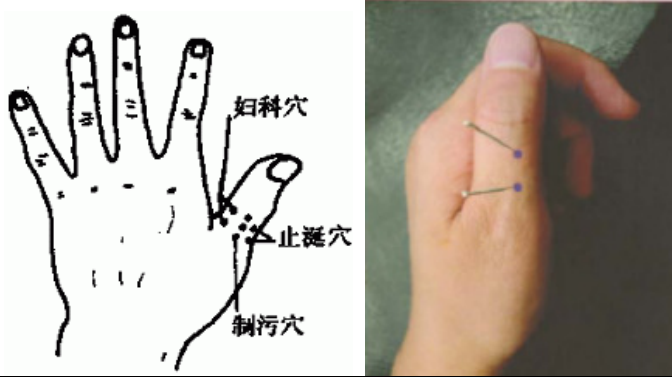
A Study on Tung's Acupuncture

11.24 FuKe (Female Gynecology) 妇科穴

Image 附图：	
Location 部位：	On the ulnar aspect of the proximal segment on the dorsal side of the thumb. 在大指第一节之外侧。
Indications 主治：	Metritis, pelvic pain (acute or chronic), hystero-myoma, distention of the lower abdomen, female sterility, irregular menstruation, dysmenorrhea, menorrhagia and scanty menstruation. 子宫炎、子宫痛（急、慢性均可）、子宫肌瘤、小腹胀、妇人久年不孕、月经不调、经痛、月经过多或过少。
Location of the point 取穴：	These two points are located on the ulnar aspect of the proximal segment on the dorsal side of the thumb. The first point is 1/3 <i>Cun</i> on the ulnar side of the midline of the proximal segment of the dorsal thumb, 1/3 from the second finger crease; and the second point is 2/3 from the second finger crease. 当大指背第一节之中央线外开三分，距前横纹三分之一处一穴，距该横纹三分之二处一穴，共二穴。手术：贴于骨旁下针，针深一分至二分，一次两针齐下，谓之倒马针。
Manipulation 手术：	Insert a needle closely along the edge of the phalanx to a depth of 0.2-0.3 <i>Cun</i> . The two points are needled simultaneously, known as the "Point Coupling Technique"
Remarks 说明：	This two point unit is located on the ulnar aspect of the proximal segment of the dorsal side of the thumb. To locate the points, the segment is divided into three equal portions. 妇科穴位于大指背第一节小侧，计二穴，取穴采三分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. This point can be used to treat retroverted uterus. 本穴能调治子宫位置不正之屈倾。 2. It is a frequently used and very effective point for female diseases. When it is combined with MenJin (66.05) or NeiTing (ST 44), it is very effective for dysmenorrhea. When it is combined with HuanChao (11.06) it is extremely effective for infertility. Personally, I have successfully treated infertility for over 100 cases with this group of points. 本穴为妇科常用穴，效果显著。配内庭治经痛极有效。配还巢穴，治疗不孕症疗效极佳。余以此组配穴治疗不孕症之夫妻已不下百对之多 3. Since the Lung and Urinary Bladder have extraordinary connection and they are connected with the uterus, it is therefore indicated in female diseases. <i>TaoHeChengQiTang</i> (Decoction of Peach Kernel for Moving Qi) that is used for Blood retention in the uterus and <i>GuiZhiFuLingWan</i> (Pill of Ramulus Cinnamomi and Poria) that goes to the <i>TaiYang</i> channel have the same mechanism. With the same consideration, ChongZi (22.01) is able to treat diseases of the uterus.

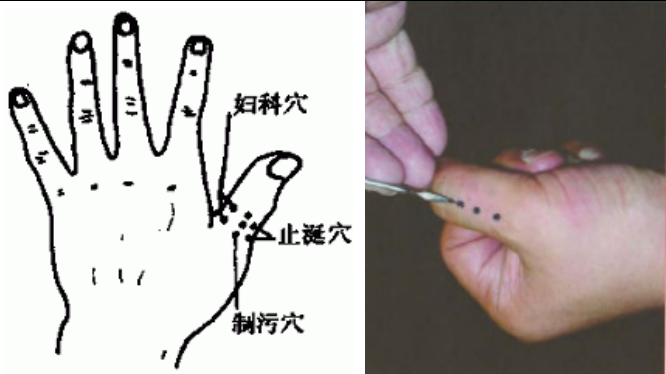
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11.25 ZhiXian (Stop Drooling) 止涎穴

Image 附图：	 <p>The diagram on the left shows a hand with the thumb extended. Two points are marked on the proximal segment of the dorsal thumb. The first point is labeled '妇科穴' (Gyneco Point) and the second point is labeled '止涎穴' (ZhiXian Point). The photograph on the right shows a hand with two needles inserted into the proximal segment of the dorsal thumb, corresponding to the points shown in the diagram.</p>
Location 部位：	On the radial aspect of the proximal segment of the dorsal thumb. 大指第一节之桡侧。
Indications 主治：	Slobbering, drooling in children. 小孩流口水。
Location of the point 取穴：	The two points are located in the proximal segment on the dorsal aspect of the thumb (0.2 <i>Cun</i> dorsal from the midline). The first point is located 0.2 <i>Cun</i> radial to the midline of the proximal segment of the dorsal thumb, 1/3 of the distance from the second finger crease when the proximal segment is equally divided into three portions. The second point is 2/3 from the second finger crease. 当大指背第一节之内侧（中央线内开二分），距前横纹三分之一处一穴，又距该横纹三分之二处一穴，共二穴。
Manipulation 手术：	Insert a needle closely along the edge of the phalanx to a depth of 0.1-0.2 <i>Cun</i> . 贴于骨旁下针，针深一分至二分。
Remarks 说明：	These two points are effective for treating slobbering in children. For slobbering in adult, ShuiJin (1010.12) or ShuiTong (1010.19) are selected. Child slobbering usually is caused by excessive heat, while adult slobbering is due to abundant cold. 止涎穴位于大指背第一节内侧，计二穴，取穴采三分点法。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. This point is effective for infantile salivation. In case of adult salivation, needling ShuiJin (1010.12) or ShuiTong (1010.19) may have better results. This is because infantile salivation often results from pathogenic Heat, and adult salivation from pathogenic Cold. 本穴治小儿流口水有效，治大人则以水金或水通疗效更佳。盖小儿之流涎多热，大人之流涎多寒。 2. This point is located on the Lung Channel, and has the <i>Qi</i>-supplementing and astringing function. So does the point ZhiWu (11.26).

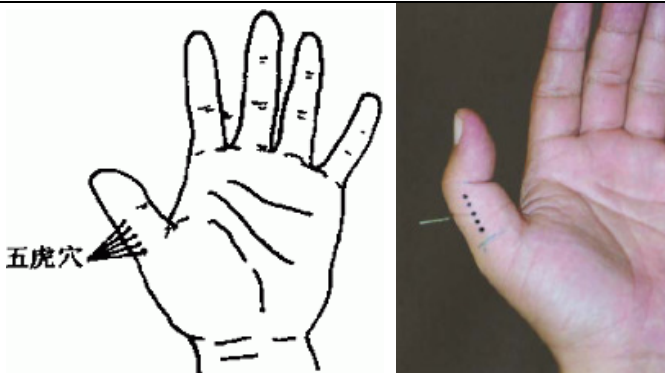
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11.26 ZhiWu (Control Dirt) 制污穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the midline of the proximal segment of the dorsal aspect of the thumb. 本人以此穴组治愈篮球、体操、网球国手多人，有些病例病已多时，仅针一二次即愈。</p>
<p>Indications 主治 :</p>	<p>Persisted carbuncles, blood oozing from the wound after surgery for a tumor, or delayed healing of wound. 久年恶疮、恶瘤开刀后刀口流水不止，不结口。</p>
<p>Location of the point 取穴 :</p>	<p>These three points are located on the midline of the proximal segment of the dorsal aspect of the thumb. 当大指背第一节中央线上。</p>
<p>Manipulation 手术 :</p>	<p>To obtain immediate effect, bleed the points with three-edged needle to remove dark red blood. 以三棱针刺出黑血当时见效。</p>
<p>Remarks 说明 :</p>	<p>These three points are located on the midline of the proximal segment of the dorsal aspect of the thumb. To locate them, the segment is divided into four equal portions. 制污穴位于大指背中央线上，计三穴，取穴采四分点法。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. Pricking this point to cause bleeding is effective for all kinds of boils and furuncles, lacerations, scalds, post-operative ulcer and secretion of fluid from the incision. I treated a cook successfully; carelessly, he cut his index finger and the wound lasted for months without healing. I needled ZhiWu point twice and he was healed. I treated another patient, a highschool student who had suffered from erosion with secretion of fluid for 3 years without healing. He was cured after puncturing ZhiWu point twice only. I have treated tens of such patients in total. 本穴治疗一切疮疡、刀伤、烫伤或手术后伤口溃疡出水，久不收口，点刺出血，极有效验。余曾治一厨师，不慎切伤食指，历数月而不收口，仅以患侧制污穴点刺二次即见痊愈。 2. This point is located on the Lung channel and is therefore indicated for skin diseases, close to ShaoShang (LU 11). Bloodletting this point may be extremely good therapeutic results. It can also be selected to treat otitis media and herpes zoster. It is also effective for internal abscess.

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11.27 WuHu (Five Tigers) 五虎穴

<p>Image 附图 :</p>	 <p>The diagram on the left shows a line drawing of a hand with five points marked on the radial aspect of the proximal segment of the thumb, labeled '五虎穴'. The photograph on the right shows a real hand with a needle inserted into one of these points.</p>
<p>Location 部位 :</p>	<p>On the radial aspect of the proximal segment of the palmar side of the thumb. 在大指掌面第一节之桡侧。</p>
<p>Indications 主治 :</p>	<p>General swollen joints and bones. 治全身骨痛。</p>
<p>Location of the point 取穴 :</p>	<p>The WuHu points are located on the radial aspect of the proximal segment of the palmar side of the thumb, 0.2 <i>Cun</i> between each point. 当大指掌面第一节之外侧，每二分一穴，共五穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert needles along the radial aspect to a depth of 0.2-0.4 <i>Cun</i>, depending on the treatment of the nearby or distal problems. 于大指桡侧黑白肉际下针，每穴可下针二至四分，依治疗远近而定（参看附一）。</p>
<p>Remarks 说明 :</p>	<p>This five-point unit is located on Line A of the proximal segment of the palmar aspect of the thumb. To locate them, the segment between the two creases is divided into six portions. Their order is arranged from the fingertip, namely WuHu 1 (11.27-1), WuHu 2 (11.27-2), WuHu 3 (11.27-3), WuHu 4 (11.27.4), WuHu 5 (11.27-5). 五虎穴位于阴掌大指第一节 A 线上，计五穴，取穴采六分点法，已如本节前言所述自上而下，即自指尖向手掌顺数。依序为五虎一、五虎二、五虎三、五虎四、五虎五。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point has extensive indications. It has remarkable effect for the pain of heel, hand, and foot. 五虎穴应用广泛，对于脚跟痛、脚痛、手痛，效果显著。 2. WuHu 1 is indicated in pain and soreness of the fingers, rheumatic arthritis and tenosynovitis. WuHu 3 is indicated in soreness and pain of the toes. WuHu 4 is indicated in soreness and pain of the ankle and dorsum of foot. WuHu 5 is indicated in soreness and pain of the heel. Their therapeutic effects are all very good. WuHu 2 serves as the <i>DaoMa</i> point for either of WuHu 1 and WuHu 3 in treatment. Besides WuHu 3 and WuHu 1 can also treat headache. 五虎一治手指痛酸腱鞘炎、五虎三治足趾痛酸、五虎四治脚踝、脚背酸痛、五虎五治脚跟酸痛皆极有效。五虎二则作为五虎一或五虎三之倒马针。五虎三尚可治头痛。 3. I have treated many basketball, gymnastic and tennis players with this group of points. Some of them suffered from the disease chronically and were cured after one or two treatments. 本人以此穴组治愈篮球、体操、网球国手多人，有些病例病已多时，仅针一二次即愈。 4. Hands are the laboring tools and the feet mobile tools; they are both closely related with the cerebral nerves, therefore, the points on the hand and foot have very strong therapeutic effects. Especially, the thumb function s the most actively in hands. The points FuKe (11.24), ZhiWu (11.26), ZhiXian (11.25) and WuHu (11.27) are all frequently used effective points.

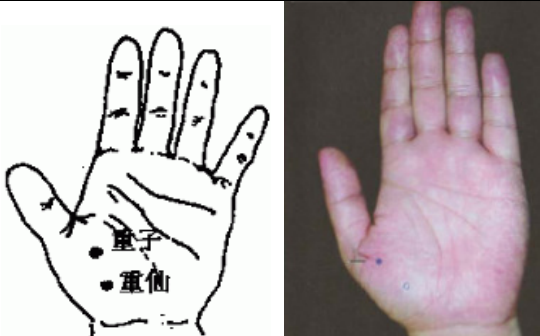
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	<ol style="list-style-type: none">5. Master Tung considered this point to affect the Spleen that dominates the four limbs. Though there is a saying that this point is indicated in swelling of bone, it mainly refers to the four limbs.6. The ranging of the five points of WuHu and the indications have great holographic significance.7. Since point WuHu is located on the Lung Channel and also according to holography, WuHu 1 and WuHu 2 are on the top, they are also indicated for pneumonia, cough, scrofula and tonsillitis.
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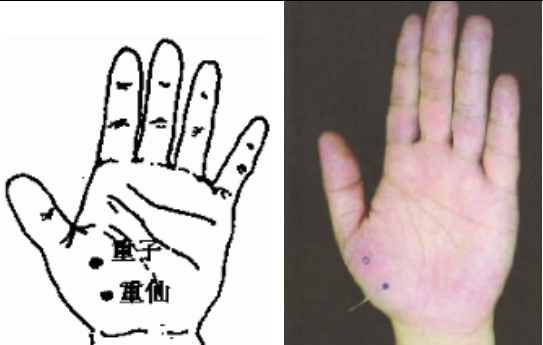
Chapter 2 - Points of the Hand (22.00) 第二章◎二二部位

22.01 ChongZi (Double Child) 重子穴

Image 附图 :	 <p>The image consists of two parts. On the left is a line drawing of a right hand with the palm facing up. Several points are marked with dots and labeled in Chinese characters. Two points on the thenar eminence are specifically labeled '重子' (ChongZi) and '重仙' (ChongXian). On the right is a photograph of a real human palm, showing the same anatomical features and the location of the ChongZi point marked with a small blue dot.</p>
Location 部位 :	On the thenar eminence, about 1 <i>Cun</i> below the skin fold between the first and second metacarpals. 虎口下约一寸，即大指掌骨与食指掌骨之间。
Indications 主治 :	Back pain, pneumonia (especially effective), common cold, coughing and asthma (most effective to children) 背痛、肺炎（有特效）、感冒、咳嗽、气喘（小孩最有效。）
Location of the point 取穴 :	With the palm facing upward, the point is located on the thenar eminence, about 1 <i>Cun</i> below the skin fold between the first and second metacarpals. 手心向上，在大指掌骨与食指掌骨之间，虎口下约一寸处是穴位。
Remarks 说明 :	<ol style="list-style-type: none"> 1. Regarding the "remarks, mechanism, elucidation and application", please see point ChongXian (22.02). This point is special point in treatment of backache and pain of the neck and shoulder. 2. When there is pain of the neck, back and shoulder, there often appears blue veins at ChongZi (22.01) and ChongXian (22.02). When there are reactions and the pathological changes, the two points can used to treat the disease.

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22.02 ChongXian (Double Saint) 重仙穴

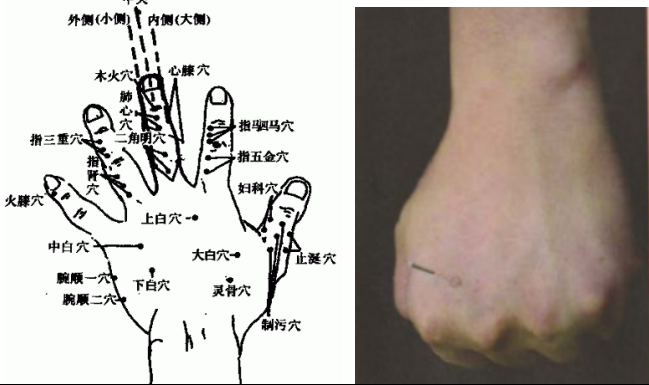
Image 附图：	 <p>The image shows two representations of the ChongXian (Double Saint) point. On the left is a line drawing of a right hand with the palm facing up. Two points are marked on the palm: '重子' (ChongZi) and '重仙' (ChongXian). '重子' is located at the intersection of a horizontal line from the thumb's proximal knuckle and a vertical line from the index finger's midline. '重仙' is located 1 cun obliquely below '重子'. On the right is a photograph of a real hand with the same points marked with purple ink.</p>
Location 部位：	The point is located between the first and second metacarpal bones, 2 <i>Cun</i> from the skin fold, across from and communicating with LingGu (22.05) on the dorsal side of the hand. 在大指骨与食指骨夹缝间，离虎口两寸、与手背灵骨穴正对相通。
Indications 主治：	Back pain, pneumonia, fever, palpitation and knee pain. 背痛、肺炎、退烧、心跳、膝盖痛。
Location of the point 取穴：	Locate the point between the first and second metacarpal bones, 2 <i>Cun</i> from the skin fold. 当大指骨与食指骨之间，距虎口两寸处是穴。
Manipulation 手术：	Insert a 1.5 <i>Cun</i> needle to a depth of 1 <i>Cun</i> . Usually acupuncture applied to ChongZi (22.01) one cures the illness, but when ChongZi and ChongXian are punctured simultaneously, a marked effect can be seen. 一寸半针，针深一寸，一般针一针（重子）即可，二针齐针成倒马针，效果更佳。
Remarks 说明：	Keep the five fingers close to one another. Extend the midline of the palmar aspect of the index finger (i.e. Line C) and draw a horizontal line from the proximal knuckle of the thumb. Locate ChongZi (22.01) at the point of intersection. Then draw a parallel line to the radial palmar border, where ChongXian (22.02) is located 1 <i>Cun</i> obliquely below ChongZi (22.01) . 五指并拢，阴掌食指之中央线（即图之C线）之延长线，与大拇指本节高骨做一垂直线之交叉点，即重子穴，自重子穴与掌缘平行斜下一寸即重仙穴，
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. One of the two points is indicated in backache and is also well indicated in knee pain. When both of them are selected simultaneously [known as <i>DaoMa</i> needling technique (Coupling)], the therapeutic effect will be much faster, especially in treatment of pain at GaoHuang (UB 43) on the back. 两穴单用均治背痛（对膝痛效果亦佳），并用效果更为速捷，尤其治疗膏肓穴部位之疼痛，效果更是较一般穴位高出许多。 2. In addition to backache, the two points selected simultaneously are very effective for shoulder pain. They are also effective for neck pain. 重子、重仙两穴同时下针，为治背痛之特效针。治疗肩痛亦极有效，治疗颈痛亦有效。 3. For the last 30 years, I have used this point to treat hundreds of cases of neck sprain, and all of them obtained immediate effect. When it is combined with ChengJiang (Ren 24), the therapeutic effect will be even better. 余三十年来以此穴治疗落枕患者不下百例，均有立竿见影之效，配承浆穴效果更佳。 4. It is also indicated in contracture. I used to treat a patient suffering from contracture of fingers with difficult extension after drinking wine. Needling the two points on the opposite side obtained immediate effect. In chronic case, needling ChiZe (LU 5) on the diseased side with

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	<p>reducing method makes the effect even better. This point can also be used to treat hemiplegia. 本穴治疗书痉亦极有效，余曾治市府某局主任秘书因喝酒后，手指拘挛不伸，针对侧重子、重仙立即见效。如病久者可在患侧尺泽泻针加强效果更佳，本穴也可治疗半身不遂。</p> <ol style="list-style-type: none"> 5. This point is close to Yuji (LU 10) and is therefore effective for pneumonia, bronchitis, bronchial asthma and difficult expectoration. 本穴接近肺经鱼际穴，对肺炎，支气管炎，支气管哮喘，痰稠不易咳出，针之有效。 6. It is also effective for hysteromyoma and oophoritis. 本穴治疗子宫瘤；卵巢炎亦有效。 7. It is also effective for chest pain. 8. Since this point is located on the distribution of the Lung channel, it is therefore indicated in diseases of the respiratory system and chest pain. 9. With the extraordinary connection of the Lung and Urinary Bladder, it is indicated in the shoulder and back pain and uterine diseases.
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22.03 ShangBai (Upper White) 上白穴

<p>Image 附图 :</p>	 <p>The diagram shows the back of the hand with various acupuncture points labeled in Chinese. ShangBai (上白穴) is located on the dorsal metacarpophalangeal joint of the index and middle fingers. Other points include: 中央 (Central), 外側 (小側) (Outer side, small side), 內側 (大側) (Inner side, large side), 木火穴 (Wood/Fire point), 心膝穴 (Heart/Knee point), 肺心穴 (Lung/Heart point), 指三重穴 (Index Triple point), 指二角明穴 (Index Double-Angle Bright point), 指五金穴 (Index Five Metal point), 指端馬穴 (Index Tip Horse point), 火膝穴 (Fire/Knee point), 上白穴 (Upper White point), 中白穴 (Middle White point), 大白穴 (Great White point), 腕脈一穴 (Wrist Pulse 1 point), 腕脈二穴 (Wrist Pulse 2 point), 下白穴 (Lower White point), 靈骨穴 (Spirit Bone point), 制污穴 (Control Pollution point), 止凝穴 (Stop Coagulation point), and 婦科穴 (Gynecology point).</p>
<p>Location 部位 :</p>	<p>Half <i>Cun</i> proximal to the dorsal metacarpophalangeal joint of the index and middle fingers. 在手背面，食指与中指叉骨之间，距指骨与掌骨接合处下五分。</p>
<p>Indications 主治 :</p>	<p>Conjunctivitis, sciatica, and lateral side of heart pain. 眼角发红，坐骨神经痛、胸下（心侧）痛。</p>
<p>Location of the point 取穴 :</p>	<p>While the dorsum of the hand is facing upward, the point is located 0.5 <i>Cun</i> proximal to the dorsal metacarpophalangeal joint of the index and middle fingers. 手背向上，距指骨与掌骨接合处下五分，食指骨与中指骨之间是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert a 1 <i>Cun</i> needle to a depth of 0.3-0.5 <i>Cun</i>. 一寸针，针深三分至五分。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. ShangBai (22.03) is very effective for lumbar and back pain. It is also effective for shoulder and back pain. 本穴治腰连背痛有效。 2. In case of redness of the eyes at canthus, needling this point in combination with bleeding ErShang (99.08-1) may have better results. When it is combined with SanHuang (88.12, 13, 14) it treats eye itching effectively. 本穴治眼角发红配耳背刺血效更佳。配三黄穴可治眼痒颇效。 It is also effective for eye itching when combined with Mu (11.17). 3. In addition to redness at the canthus, it is also indicated in soreness, distention and fatigue of the eyes. If it is combined with SanChaSan (A.04), the result will be better. 4. It is indicated in sprain of the wrist at radial side by needling the point on the diseased side. 本穴治手腕桡侧扭伤有效（针患侧）， 5. It is also indicated in neck pain by needling the point bilaterally. 治疗颈痛（双侧并针）亦有效。 6. It is also effective for weakness of the feet. 尚可治脚无力。（针健侧） 7. Since the point is named "Bai" (white), it is therefore related to the Lung and <i>Qi</i>.

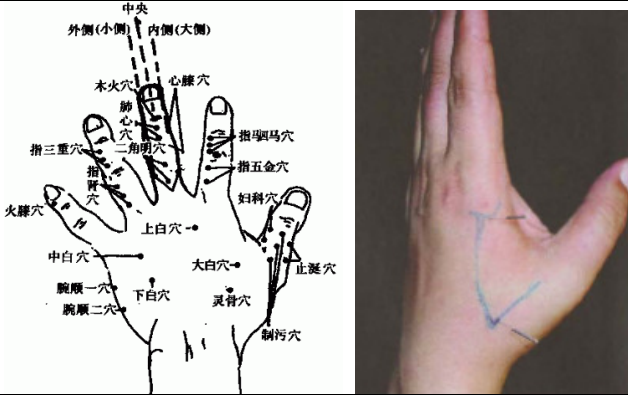
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22.04 DaBai (Big White) 大白穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the dorsum of the hand, the point is located in the depression 0.5 <i>Cun</i> from the joint of the index finger and thumb, or between the first and second metacarpal bones. Lock the fingers in a grip to locate the point. 在手背面，大指与食指叉骨间陷中，即第一掌骨与第二掌骨中间之凹处。</p>
<p>Indications 主治 :</p>	<p>Child asthma, high fever (most effective) and sciatica due to hypofunction of the Lung. 小儿气喘、发高烧（特效）、坐骨神经痛。</p>
<p>Location of the point 取穴 :</p>	<p>Lock the fingers in a grip to locate the point in the depression 0.5 <i>Cun</i> proximal to the junction between the 1st and 2nd metacarpal bones. 拳手取穴（拇指弯曲抵食指第一节握拳），当虎口底外开五分处取之。</p>
<p>Manipulation 手术 :</p>	<p>Insert a 1.5 <i>Cun</i> needle to a depth of 0.5-1 <i>Cun</i> for sciatica. A three-edged needle is used to treat child asthma, high fever and acute pneumonia with excellent effect. 用二寸半针，针五分至一寸深，治坐骨神经痛，用三棱针治小儿气喘、发高烧及急性肺炎（特效）。</p>
<p>Remarks 说明 :</p>	<p>It is forbidden to needle the point during pregnancy. 孕妇禁针。 This point is the point SanJian (LI 3), but if the point is punctured alongside the bone, the therapeutic effect is even better.</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. DaBai (22.04) is seldom used singly. In addition to pricking this point with a three-edged needle to cause bleeding for infantile asthmatic breathing, high fever and acute pneumonia, it mostly serves as <i>DaoMa</i> (Coupling) needling point of LingGu (22.05) for better results. 大白穴即大肠经之三间穴，很少单独应用，除用三棱针治疗小儿气喘、发高烧及急性肺炎外，大多为灵骨之倒马针，两穴配合应用效果极佳。 2. In bloodletting therapy, try to find a blue vein near this point and bleed it. 三棱针点刺视大白附近之青筋（血管）点刺出血即可。 3. According to the meaning of the name "<i>DaBai</i>", it must have close relations with the Lung channel, and is therefore very effective for Lung diseases (Lung and Large Intestine is externally-internally related). It is also often combined with LingGu (22.05) to treat many diseases by supplementing <i>Qi</i>.

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22.05 LingGu (Adroit Bone) 灵骨穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>The point is located in the junction between the index finger and thumb, the 1st and 2nd metacarpal bones, 1.2 <i>Cun</i> from DaBai (22.04), and directly opposite to ChongXian (22.02). Lock the fingers in a grip to locate the point. 在手背拇指与食指叉骨间，第一掌骨与第二掌骨接合处，与重仙穴相通。</p>
<p>Indications 主治 :</p>	<p>Sciatica due to hypofunction of the Lung, lower back pain, foot pain, hemiparalysis of nerves, hemiplegia, enlargement of bones, irregular menstruation, amenorrhea, difficult labor, back pain, tinnitus, migraine, dysmenorrhea, intestinal pain, dizziness, and distending feeling of the head. 坐骨神经痛、腰痛、脚痛、半面神经麻痹、半身不遂、骨骼胀大、妇女经脉不调、经闭、难产、背痛、耳鸣、耳聋、偏头痛、经痛、肠痛、头昏脑胀。</p>
<p>Location of the point 取穴 :</p>	<p>Lock the fingers in a grip to locate the point in the junction of the index finger and thumb or the 1st and 2nd metacarpal bones, 1.2 <i>Cun</i> proximal to DaBai (22.04) and directly opposite to ChongXian (22.02). 拳手取穴，在拇指食指叉骨间，第一掌骨与第二掌骨接合处，距大白穴一寸二分，与重仙穴相通。</p>
<p>Manipulation 手术 :</p>	<p>Insert a 1.5-2 <i>Cun</i> needle to pierce through ChongXian (22.02) (threading needle technique). 用一寸五分至二寸针，针深可透过重仙穴（过量（梁？）针）。</p>
<p>Remarks 说明 :</p>	<p>It is forbidden to needle the point during pregnancy. 孕妇禁针。 This point is known as ZeTian HeGu (LI 4) in Japan. The Japanese use this point to treat sty, while Master Tung used this point to treat many severe diseases of the whole body. There is a big difference between Master Tung and the Japanese. This point is located proximal to HeGu (LI 4), anterior to the border of the junction between the first and second metacarpal bones. 本穴日人称为泽田合谷，但泽田仅用治偷针眼，而董师则用之治全身许多大病。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point has strong therapeutic function to regulate and supplement <i>Qi</i> and warming and activating <i>Yang</i>. It was the main point coupled with DaBai (22.40) in the treatment of hemiplegia of former president of Cambodia, <i>LongNuo</i>. In my clinic, I have treated tens of cases of hemiplegia, always taking this point and DaBai (22.04) on the healthy side as the main points combined with FengShi (GB 31) or ShenGuan (77.18) and occasionally bleed WuLing (DT.04) on the back. The therapeutic effect is far better than that of the points of the 14-channels. 本穴调气补气温阳作用极强，以灵骨为主，大白为辅的倒马针为治愈高棉前总统朗诺半身不遂之主穴。临床治愈数十例半身不遂，皆以灵骨大白为主（针健侧），或配风市或配肾关，间以背部五岭穴点刺，效果非十四经正穴所能比拟 2. It has the function to move <i>Qi</i> and blood in the brain. When scalp acupuncture is used in combination of this point with long needle retention, the therapeutic effect could be strengthened. The clinical

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experience shows it is far better than Dr. *Zhu's* [*ZhuMingQing* "Zhu's Scalp Acupuncture"] *Chou Qi Fa* (*Qi* extraction) and *Jin Qi Fa* (*Qi* inflation) or Dr. *Jiao's* [Dr. *JiaoShunFa* "Scalp Acupuncture"] swift needle rotation. 本穴有活脑部血气之功。针头针后再针本穴（久留针），可使头针之效果加强甚多。依临床经验，绝对胜过朱氏之抽气法、进气法或焦氏之快速捻针之效力。

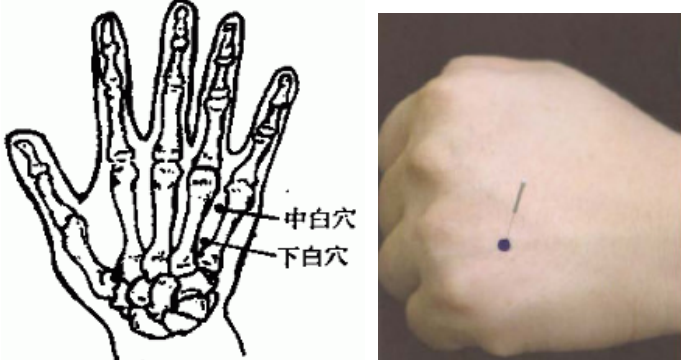
3. Simultaneous selection of this point and **DaBai (22.04)** has special effect for sciatica with pain along either the *TaiYang* or *ShaoYang* channel. No points of the 14-channels are better. It is also very effective for weakness of foot, abdominal distention, frequent urination and urodynia. 灵骨配大白治疗坐骨神经痛亦极特效。治脚难举抬（无力）、腹胀、小便不节（次数过多），小便痛亦极有效。
4. Single use of this point has special effect for cubital pain, groin pain and dizziness. Select the point from diseased side for cubital pain, healthy side for groin pain and bilaterally for dizziness. 灵骨穴单用治肘痛、鼠蹊胀痛、头晕等症有特效。
5. Single use of this point can also treat frozen shoulder, poor appetite, prolapse of the rectum, backache, knee joint pain, lower back pain, pain of the spinal vertebrae and tinnitus (hyperacusia) with good result. It is also very effective in the treatment of traumatic injury of the chest, chronic cough and upper abdominal fullness and distention. 灵骨穴单用尚可治肩痛不举、食欲不振、脱肛、背痛、膝痛、腰痛、脊椎痛、耳鸣（听力不足）等，效果亦颇好。
6. **LingGu (22.05)** and **DaBai (22.04)** are located on the course of the Large Intestine channel and has rich in *Qi* and Blood, and therefore the two points have strong therapeutic effect to regulate *Qi* and Blood. In addition, they are close to **HeGu (LI 4)**, the *Yuan*-source point of the LI channel, their *Qi*-supplementing function is extremely strong.
7. The property of **DaBai (22.04)** is Wood, same as **SanJian (LI 3)**, and **LingGu (22.05)** is located between **HeGu (LI 4)**, pertaining to Wood) and **YangXi (LI 5)**, pertaining to Fire). Simultaneous selection of the two points that respectively pertain to Wood and Fire has a function of warming *Yang*. In the treatment of hemiplegia, they work like the herbal prescription *BuYangHuanWuTang* (Decoction Invigorating the *Yang* for Recuperation) and *ZhenWuTang* (Decoction for Strengthening the Spleen *Yang* – True Warrior Decoction).
8. **DaBai (22.04)** is related to the Lung and **LingGu (22.05)** is related to the Kidney. The two points have an inter-relation like Metal and Water, and the two points are therefore able to treat respiratory diseases.
9. Needling both of the two points alongside the bone may affect the Kidney. With the extraordinary connection of the Large Intestine and the Liver channels, they also treat Liver and tendon diseases. They are very effective for lower back pain and sciatica. **LingGu (22.05)** is very effective for tennis elbow (use bone to treat bone), and also has a special effect on heel pain (in addition to treating bone with bone, it also shows holographic correspondence to the heel).
10. Simultaneous selection covers the *Shu*-stream and *Yuan*-source points. Based upon the holographic correspondence, **DaBai (22.04)** dominates the "upper energizer" (*ShangJiao*) and **LingGu (22.05)** dominates the

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	<p>"lower-energizer" (<i>XiaJiao</i>). Regarding to the depth of the insertion, both of the two points are needled with deep insertion, passing through all "<i>the upper, middle and lower energizers</i>", thus the two points affect the whole "Triple Energizer" (<i>SanJiao</i>) to obtain good therapeutic effect.</p> <p>11. In general, the two points treat diseases of all the five <i>Zang</i> and have very extensive indications.</p>
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22.06 *ZhongBai* (also known as *GuiMen*) (Center White or Ghost Gate) 中白穴 (又名鬼门穴)

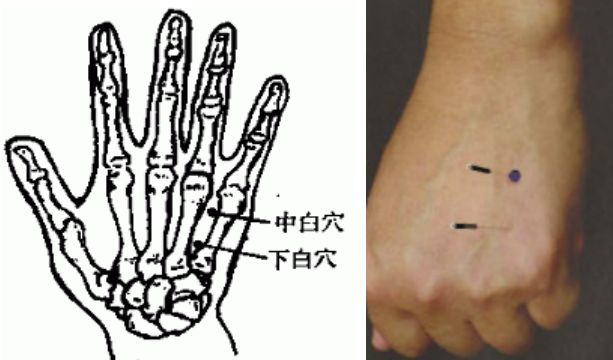
Image 附图 :	
Location 部位 :	<p>The point is located between the dorsal metacarpal bones of the little and ring fingers, 0.5 <i>Cun</i> proximal to the metacarpophalangeal joint. Lock the fingers in a grip to locate the point. 在手背小指掌骨与无名指掌骨之间，距指骨与掌骨连接处五分。</p>
Indications 主治 :	<p>Aching pain of the lower back due to renal problems, back pain, dizziness, astigmatism, fatigue, sciatica due to renal problems, pain of the lateral side of the malleolus, and edema of the limbs. 肾脏病之腰痛、腰酸、背痛、头晕、眼散光、疲劳、坐骨神经痛、足外踝痛、四肢浮肿。</p>
Location of the point 取穴 :	<p>Lock the fingers in a grip to locate the point between the metacarpal bones of the little and ring fingers, 0.5 <i>Cun</i> proximal to the metacarpophalangeal joint. 拳手取穴，在小指掌骨与无名指掌骨之间，距指骨与掌骨连接处五分是穴。</p>
Manipulation 手术 :	<p>Insert a needle to a depth of 0.3-0.5 <i>Cun</i>. 针三分至五分。</p>
Remarks 说明 :	<p>ZhongBai (22.06) is located 0.5 <i>Cun</i> posterior to ZhongZhu (SJ 3). Master Tung usually selected it to treat lower back pain occurring when one stands up after sitting. 中白穴位于三焦经之中渚穴后五分处，董师最常应用于起坐之际腰痛之症。</p>
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. ZhongBai (22.06) is used to treat various kinds of pathological changes of the Kidney with good results. Besides, it is also indicated in spur and spinal vertebrae. It is very effective for acute lumbar sprain and chronic lower back pain. 本穴治肾亏之各种病变，效果甚好，除上述作用外，尚可治疗脊椎骨刺。 2. It is indicated in hypertension and frontal headache. 本穴亦可治血压高及前头痛。 3. It is also effective for migraine and dizziness and vertigo (caused by hypertension, Kidney deficiency and Meniere's syndrome). 4. It is very effective for periarthrits of the shoulder, pain of the shoulder and back and acute neck sprain. 5. It is very effective for spinal pain behind the heart, and effective for costal pain. 6. It is very effective for tinnitus and sudden attack of deafness. 7. This point is near the <i>Shu</i>-stream point of the <i>SanJiao</i> channel. And the property of the <i>Shu</i>-stream point can treat heavy sensation of the body and pain, it is therefore effective for the pain along the course distribution of the SJ channel. It is also strong in supplementing <i>Qi</i> of the <i>SanJiao</i>.

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	<ol style="list-style-type: none">8. Sine the same-named <i>ShaoYang</i> channels of the hand and foot are communicated, the point is therefore indicated in headache, Meniere's syndrome and related symptoms. Besides, it is also indicated in palpitation because the SJ channel is externally-internally related to the Pericardium channel.9. With the extraordinary connection between the <i>SanJiao</i> and Kidney, it has very good effect to tonify the Kidney, and therefore treats various kinds of Kidney deficiency.
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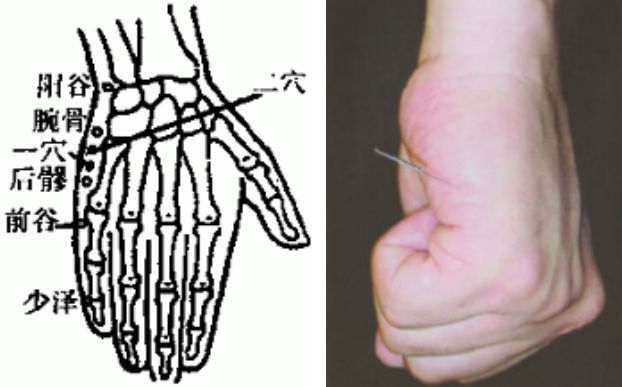
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22.07 *XiaBai* (Lower White) 下白穴

Image 附图 :	
Location 部位 :	The point is located between the 4 th and 5 th metacarpal bones, 1.5 <i>Cun</i> proximal to the metacarpophalangeal joint, 1 <i>Cun</i> posterior to ZhongBai (22.06) . Lock the fingers in a grip to locate the point. 在手背小指掌骨与无名指掌骨之间，距指骨与掌骨接连处一寸五分。
Indications 主治 :	Aching pain of teeth, slight liver pain, and the problems treated by ZhongBai (22.06) . 牙齿酸、肝微痛，以及中白穴主治各症。
Location of the point 取穴 :	Lock fingers in a grip to locate the point between the 4 th and 5 th metacarpal bones, 1.5 <i>Cun</i> proximal to the metacarpophalangeal joint [i.e. 1 <i>Cun</i> posterior to ZhongBai (22.06)]. 拳手取穴，当小指掌与无名指掌骨之间，距指骨一寸五分（即中白穴后一寸）是穴。
Manipulation 手术 :	Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深一寸至一寸半。针深三分至五分。
Remarks 说明 :	XiaBai (22.07) is located 1 <i>Cun</i> posterior to ZhongBai (22.06) . They are often coupled. 下白穴位于中白穴下一寸，为中白之倒马针，两针一起配合应用。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. Simultaneous selection of both ZhongBai (22.06) and XiaBai (22.07) as the point <i>DaoMa</i> method is indicated in various kinds of diseases due to Kidney deficiency and gets very good results. 中白、下白倒马并用，主治前述肾亏各病，疗效极佳。 2. The point <i>DaoMa</i> method of the two points is also indicated in sciatica with the pain along the <i>ShaoYang</i> channel. 中白、下白倒马并用尚可治少阳经走向之坐骨神经痛颇效。 3. The combination of the two points has very good effect in strengthening the Kidney (because of the extraordinary connection of the Kidney and <i>SanJiao</i>) and is also indicated for renal colic. 4. Since the <i>ShaoYang</i> channels of the hand and foot communicate to each other, it is very effective for biliary colic. 5. The point <i>DaoMa</i> method with the two points is very effective for acute lumbar sprain as well as the pain around the waist. 6. Needling ZhongBai (22.06) and XiaBai (22.07) together with LingGu (22.05) and DaBai (22.04) on the opposite side treats pain of the lower limbs.

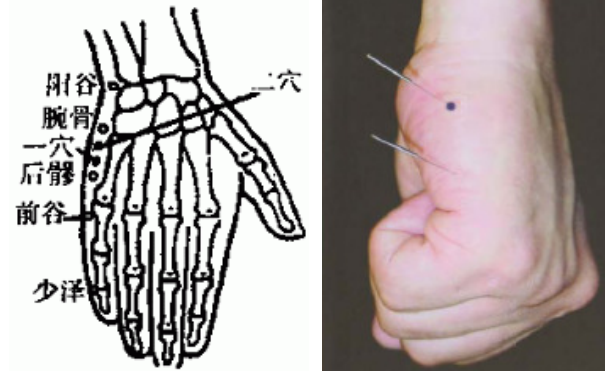
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22.08 WanShunYi (Wrist Flow - 1) 腕顺一穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>This point is located on the lateral side of the dorsal 5th metacarpal bone, 2.5 <i>Cun</i> distal to the wrist crease. 小指掌骨外侧，距手腕横纹二寸五分。</p>
<p>Indications 主治 :</p>	<p>Headache, blurred vision, sciatica due to deficiency in the Kidney, nephritis, edema of limbs, heaviness and pain on both sides of the lower back, and back pain. (This point is especially effective on female, but needle one side only) 肾亏之头痛、眼花、坐骨神经痛、疲劳、肾脏炎、四肢骨痛、重性腰两边痛、背痛。(女人用之效更大，两手不宜同时用)</p>
<p>Location of the point 取穴 :</p>	<p>Locate it on the lateral side of the 5th metacarpal bone, 2.5 <i>Cun</i> distal to the wrist crease. 在小指掌骨外侧，距手腕横纹二寸五分是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep. 针一寸至一寸半。</p>
<p>Remarks 说明 :</p>	<p>The point is located 0.5 <i>Cun</i> posterior to HouXi (SI 3). 腕顺一穴位于小肠经之后溪后五分处</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. With the connection with the hand and foot <i>TaiYang</i> channel, WanShunYi (22.08) is indicated in sciatica with pain along the foot-<i>TaiYang</i> channel, pain of the lumbar vertebrae and pain at the popliteal fossa with special therapeutic effect. When it is combined with WanShunEr (22.09), the therapeutic results will be even better. It is advisable to needle this point alongside the bone for better effect. 治疗太阳经之坐骨神经痛及腰椎痛、腿弯痛等有特效。配合腕顺二，效果更佳。 2. Master Tung considered that to treats the Kidney for various kinds of diseases due to Kidney deficiency. It is also taken as a special point for making diagnosis, that is, weakness suggests deficiency of the Kidney.

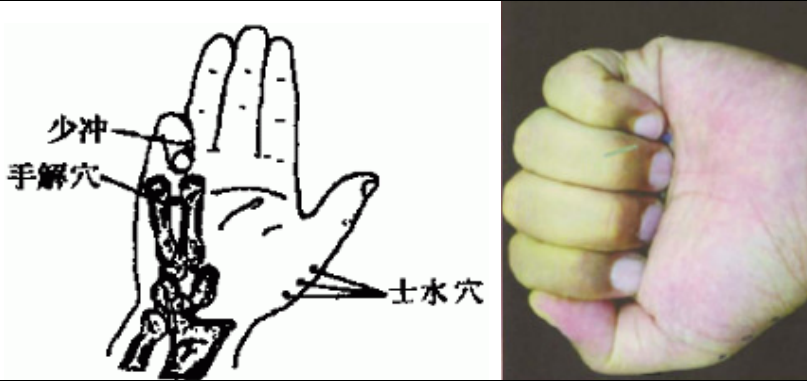
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22.09 WanShunEr (Wrist Flow - 2) 腕顺二穴

Image 附图：	
Location 部位：	This point is located on the dorsal aspect of the lateral side of the 5 th metacarpal bone, 1.5 <i>Cun</i> distal to the wrist crease. It is 1 <i>Cun</i> posterior to WanShunEr (22.08).
Indications 主治：	Nose bleeding and illnesses treated by WanShunYi (22.08). 鼻出血以及腕顺一穴主治各症。
Location of the point 取穴：	Locate the point on the lateral side of the dorsal aspect of the 5 th metacarpal bone, 1.5 <i>Cun</i> distal to the wrist crease, 1 <i>Cun</i> posterior to WanShunEr (22.08). 当小指掌骨外侧，距手横纹一寸五分是穴，意即在腕顺一穴后一寸之处。
Manipulation 手术：	Insert the needle 1-1.5 <i>Cun</i> deep. 针深一寸至一寸半。
Remarks 说明：	It is contraindicated to use WanShunYi (22.08) and WanShunEr (22.09) at the same time. While Master Tung felt it was good to needle only either WanShunYi or WanShunEr , it is my clinical experience that the two can be needled together with good effect. 腕顺一穴与二穴以 1 次用 1 穴为宜。原注 1 次用 1 穴为宜，临床经验二穴并无不宜。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. Simultaneous selection of WanShunYi (22.08) and WanShunEr (22.09) is very effective for various kinds of pathological changes and pain due to Kidney deficiency. It is also effective for toothache and eye pain related to Kidney deficiency. 腕顺一、二并用治疗肾亏所致之各种病变及疼痛，疗效甚好，肾虚之牙痛、眼痛亦有效。 2. Besides, Master Tung also used this point to treat tinnitus, double hearing, lower abdominal distention, stiffness and pain of the popliteal fossa and waist pain and obtained good results. 除前述各病外，董师尚用治耳鸣、重听、小腹胀、腰围痛、腿弯紧痛，疗效亦佳。 3. As WanShunYi (22.08), it is connected with the foot <i>TaiYang</i> channel and is therefore indicated in backache and stiffness and pain at the popliteal fossa. 4. Master Tung considered it to treats many diseases by strengthening the Kidney. The above diseases are all resulted from Kidney deficiency, and needling this point is very effective.

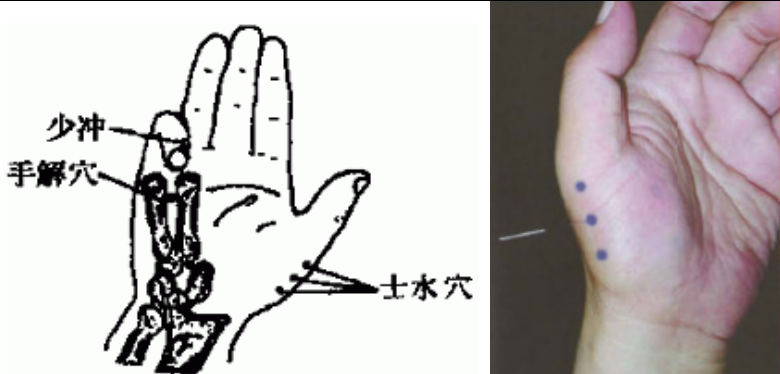
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22.10 *ShouJie* (Hand Release) 手解穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Between the 4th and 5th metacarpal bones, at the spot where the tip of the little finger touches when the fingers are locked in a grip. 小指掌与无名指掌骨之间，握拳时小指尖触及之处。</p>
<p>Indications 主治 :</p>	<p>Fainting and numbness sensations during acupuncture treatment, and a stabbing pain due to disturbance of <i>Qi</i> and Blood. 主解晕针与下针后引起之麻木感及气血错乱之刺痛。</p>
<p>Location of the point 取穴 :</p>	<p>When the palm facing upward, the point is located at the spot between the 4th and 5th metacarpal bones, at the place where the little finger tip touches when the fingers are locked in a grip. 手心向上，在小指掌骨与无名指掌骨之间，握拳时小指尖触及掌处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep and retain for 10-20 minutes, or bloodlet with a three edged needle to alleviate the problems. 针深三分至五分，停针十至廿分钟即解，或以三棱针出血即解。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. <i>ShouJie</i> (22.10) overlaps point <i>ShaoFu</i> (HT 8) that is the <i>Ying</i>-spring (Fire) point of the Heart Channel (Fire Channel), and is therefore Fire within Fire. It has a very strong effect to strengthen the Heart and warm <i>Yang</i>, and therefore eliminate fainting due to needling. <i>NeiJing</i> also says: "In case of a disease with a change in facial complexion, select the <i>Ying</i>-spring point." So when there appears fainting with changed complexion, needling the <i>Ying</i>-spring point of the Heart channel is very effective. That's why <i>ShouJie</i> (22.10) eliminates fainting. 手解即心经之少府荣穴，少府为心经荣穴当然有效，晕针时首当强心，又《内经》曰：“病变于色取之于荣。”晕针时脸色必变，针必经荣穴当然有效，所以手解能治晕针。 2. It has sedative function for skin itching. It is because first, "all kinds of boils, pain and itching are related to the Heart", and the second, <i>Ying</i>-spring point is the Fire point which reduces Fire (skin itching is often accompanied by redness and heat).

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22.11 *TuShui* (Earth Water) 土水穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>On the palmar aspect of the radial side of the 1st metacarpal bone. 在拇指第一掌骨之内侧。</p>
<p>Indications 主治：</p>	<p>Gastritis and chronic gastropathy. 胃炎、久年胃病。</p>
<p>Location of the point 取穴：</p>	<p>These three points are located on the palmar aspect of the radial side of the 1st metacarpal bone. Locate the first point on the lateral side of the 1st metacarpal bone, 1 <i>Cun</i> proximal to the first metacarpal knuckle. The second point is 0.5 <i>Cun</i> posterior to the first one, and the third one is 0.5 <i>Cun</i> posterior to the second one. 在拇指第一掌骨之内侧、距掌骨小头一寸处一穴，后五分一穴，再后五分一穴，共三穴。</p>
<p>Manipulation 手术：</p>	<p>Insert a needle close along the metacarpal bone to a depth of 0.5-1 <i>Cun</i>. 贴骨针深五分至一寸。</p>
<p>Remarks 说明：</p>	<p>This three point unit is located on the thenar eminence. The central point or TuShui 2 (22.11-2) is at the spot of Yuji (LU 10). TuShui 1 (22.11-1) is in the middle spot between Yuji (LU 10) and the proximal joint of the thumb; and TuShui 3 (22.11-3) is in the middle spot between Yuji (LU 10) and the first line of the wrist crease. 土水穴计有三个穴位，均位于手鱼部位，中央之土水二穴即鱼际穴，自鱼际至大指本节之中央点为土水一穴，自鱼际至手腕横纹之中央为土水三穴。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. According to the implication of the name <i>Tu</i> (Earth), <i>Shui</i> (Water), the point can treat Cold of the Earth (Water corresponds to Cold), so it is very effective for the treatment of long-lasting Stomach diseases. It is also well indicated in chronic diarrhea due to Spleen Damp. According to <i>NeiJing</i>, the greater thenar muscle can help make diagnosis of gastric and intestinal disorder. It is stated in the Chapter <i>JingMai</i> (Channels and Collaterals) of the book <i>NeiJing</i>: "blue color of the thenar muscle indicates Stomach-Cold, while red color of the thenar muscle indicates Stomach-Heat." Clinical observation shows that the thenar muscle is often red when there is constipation, dark blue when there is loose stool, swelling-up of blue vein when there appear enteritis and severe diarrhea. It may reflect the pathological change, and in turn, it can treat the pathological change as well. 据《内经》所载，手鱼部位能诊断肠胃疾病，又据经络关系而言，此处为肺经所经之处，肺经起于中焦，下络大肠，还循胃口，与肠胃有直接关连，因此本穴之治疗胃病应无疑议。 2. Another reason for the point being indicated in chronic stomach diseases and loose stool is that the Stomach channel starts from the middle <i>Jiao</i> [around ZhongWan (Ren 12)] and connects with the Large Intestine interiorly. Besides, this point may take the Damp Heat in the Stomach to the Intestine and finally discharge it out of the body, avoiding Damp of

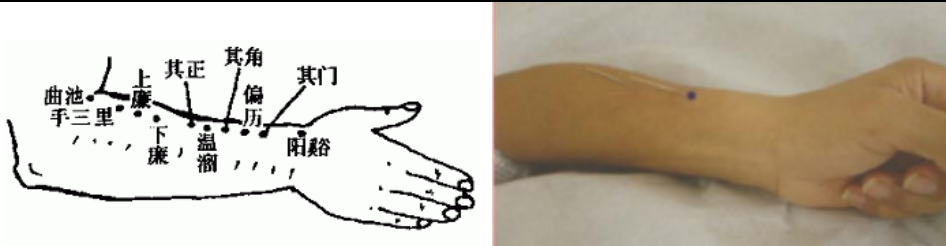
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	<p>the Earth acting on the Kidney Water (Kidney dominates defecation and urination).</p> <ol style="list-style-type: none"> 3. The point is named <i>TuShui</i> (earth and water), and furthermore, it is on the Lung (Metal) channel. The point therefore pertains to Earth, Metal and Water and is able to treat diseases of the Lung, Spleen, and Kidney. It regulates <i>Qi</i>, and is therefore very effective in treatment of Stomach diseases and asthmatic breathing. 4. The point of <i>TuShui 2 (22.11-2)</i> overlaps point <i>Yuji (LU 10)</i> is a <i>Ying</i>-spring point. "<i>Ying</i>-spring point is indicated in exterior disease" suggests that the point can treat pathological changes of the channels and collaterals as well as exogenous diseases, sore throat caused by exogenous pathogenic factors in particular. It is also very effective for pneumonia. 5. In addition to gastropathy and stomachache, it is also indicated in pain of the finger, palm and phalangeal bone. The point is selected from the healthy side in treatment. 又本穴除治胃病、胃痛外，尚可治手指痛、手掌痛、手骨痛。 治疗原则，左痛治右，右痛治左。
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Chapter 3 - Points of the Forearm (33.00) 第三章◎三三部位（前臂部位）

33.01 QiMen (Following Gate) 其门穴

Image 附图：	 <p>The diagram shows the forearm with several points marked: 曲池 (Quchi), 手三里 (Shou Sanli), 上廉 (Shanglian), 下廉 (Xialian), 其正 (Qizheng), 其角 (Qijiao), 偏历 (Bianli), 其门 (Qimen), and 阳谿 (Yangxi). The photograph shows a person's forearm with a blue dot marking the QiMen point on the radial side, proximal to the wrist crease.</p>
Location 部位：	The point is located on the radial side of the forearm on the line between YangXi (LI 5) and QuChi (LI 11) , 2 <i>Cun</i> proximal to the wrist crease. 在桡骨之外侧，手腕横纹后两寸处。
Indications 主治：	Irregular menstruation, leucorrhea with reddish discharge, prolapsed rectum and hemorrhoidal pain. 妇科经脉不调，赤白带下，大便脱肛，痔疮痛。
Location of the point 取穴：	Locate the point on the radial side 2 <i>Cun</i> proximal to the wrist crease. 当桡骨之外侧，距手腕横纹后两寸是穴。
Manipulation 手术：	Place the patient in supine position. Insert the needle obliquely distal towards YangXi (LI 5) to a depth of 0.2-0.5 <i>Cun</i> . 臂侧放，针斜刺约与皮下平行，针入二至五分。
Mechanism, Elucidation and Application:	See the text of QiZheng (33.03) point below.


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33.02 QíJiao (Following Angle) 其角穴

Image 附图：	 
Location 部位：	The point is located on the radial side of the forearm between YangXi (LI 5) and QuChi (LI 11) , 4 <i>Cun</i> proximal to the wrist crease. 在桡骨之外侧，手腕横纹后四寸处。
Indications 主治：	Irregular menstruation, leucorrhea with reddish discharge, prolapsed rectum and hemorrhoidal pain. 妇科经脉不调，赤白带下，大便脱肛，痔疮痛。
Location of the point 取穴：	Locate the point 2 <i>Cun</i> posterior to QiMen (33.01) . 在其门穴后二寸处取之。
Manipulation 手术：	Place the patient in a supine position. Insert the needle obliquely distal towards YangXi (LI 5) to a depth of 0.2-0.5 <i>Cun</i> . 臂侧放，针斜刺约与皮下平行，针入二至五分。
Mechanism, Elucidation and Application:	See the text of QiZheng (33.03) point below.

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33.03 QiZheng (Following Correct) 其正穴

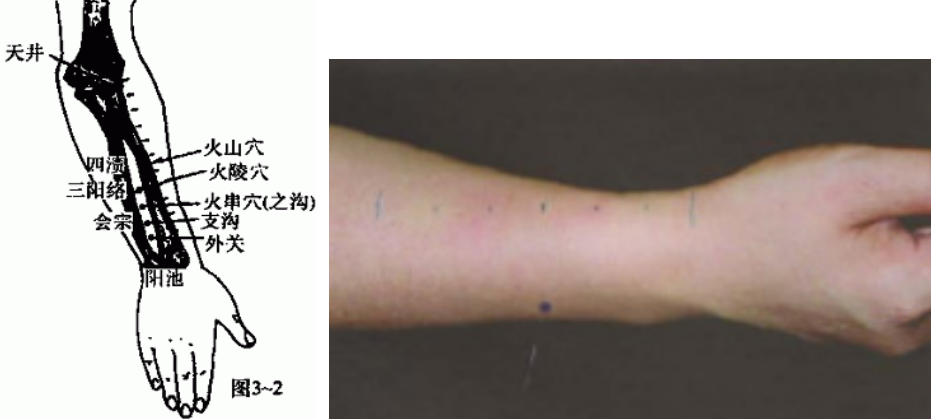
Image 附图：	 <p>The diagram shows the radial aspect of the forearm with points labeled: 曲池 (Quchi), 手三里 (Shanli), 上廉 (Shanglian), 下廉 (Xialian), 其正 (Qizheng), 其角 (Qijiao), 偏历 (Bianli), 其门 (Qimen), and 阳谿 (Yangxi). The photograph shows the same forearm with blue dots marking these points.</p>
Location 部位：	On the radial aspect of the forearm, halfway between YangXi (LI 5) and QuChi (LI 11) , 6 <i>Cun</i> from the wrist crease, and 2 <i>Cun</i> posterior to Qijiao (33.02) . 在桡骨之外侧，手腕横纹后六寸处。
Indications 主治：	Irregular menstruation, leucorrhea with reddish discharge, prolapsed rectum and hemorrhoidal pain. 妇科经脉不调，赤白带下，大便脱肛，痔疮痛。
Location of the point 取穴：	Locate it 4 <i>Cun</i> posterior to Qimen (33.01) or 2 <i>Cun</i> posterior to Qijiao (33.02) 在其门穴后四寸，即其角穴后二寸处取之。
Manipulation 手术：	Place the patient in a supine position. Insert the needle obliquely distal towards YangXi (LI 5) to a depth of 0.2-0.5 <i>Cun</i> . 臂侧放，针斜刺约与皮下平行，针入二至五分。
Usage 运用：	Acupuncture is applied to Qimen (33.01) , Qijiao (33.02) and QiZheng (33.03) simultaneously. 其门、其角、其正三穴同用（即一用三针）。
Remarks 说明：	All three points of Qimen (33.01) , Qijiao (33.02) and QiZheng (33.03) are located on the Large Intestine Channel. 其门、其角、其正三穴均位于大肠经上，因此治疗痔疮有效，针刺时采皮下针，自其门向其角横透，效果尤佳
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. PianLi (LI 6) is located between Qimen (33.01), and Qijiao (33.02). Based on the wrist <i>TaiChi</i> theory (Holography Level II-secondary), PianLi (LI 6), ZhiGou (SJ 6) and ErBai (Extra) are aligned in the same horizon, the area where these points covered are correspondent to the mirror image of the area of anus and genital. That explains why ZhiGou (SJ 6) is used for treating constipation and ErBai (Extra) is good for treating hemorrhoids. Meanwhile, WenLiu (LI 7), the Xi-cleft point of the LI Channel, is located between Qijiao (33.02) and QiZheng (33.03), can be used to adjust <i>Qi</i> and Blood as well as treating hemorrhoids and prolapsed rectum. The needling method is to insert the needle subcutaneously from Qimen (33.01) towards Qijiao (33.02) or from Qijiao (33.02) towards QiZheng (33.03). An alternative method is to insert the needle subcutaneously from LI channel towards SI channel. Because the subcutaneous needling is connected right in the skin, which is linked with Lung system, so it is also effective for treating the problems of the Large Intestine system. 2. For treating hemorrhoid, simply use single point of Qimen (33.01), Qijiao (33.02) or QiZheng (33.03) is already good enough. But the effect can be even more satisfied if the bloodletting of WeiZhong (BL 40) is applied prior to the needling of it. In my clinical experience, there are quite a few successful hemorrhoid cases that only need one single treatment of simply bloodletting WeiZhong (BL 40). 单用其门、其角、其正即能见效，但如于委中穴点刺后，再针此穴，效果尤其显著，可期迅速痊愈。余用委中点刺出血，治疗痔疮一次治愈者，即不乏其人。 3. Because the Large Intestine and Liver networks are also connected (extraordinary connection), these three points can also be used for treating gynecological problems such as leucorrhea (mixed with blood). These three points also have remarkable effect in treating stubborn constipation

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	and gas bloating. 兴本穴组对顽固性便秘及小腹胀气亦有殊效。
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33.04 *HuoChuan* (Fire Threaded) 火串穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Three <i>Cun</i> proximal to the wrist crease on the dorsal side, in the depression in the midline between the radius and ulna. 在手背腕横纹后三寸，两筋骨间陷中。</p>
<p>Indications 主治 :</p>	<p>Constipation, palpitations, and pain in the forearm. 便秘、心悸、手下臂痛。</p>
<p>Location of the point 取穴 :</p>	<p>Extend the arm horizontally with the palm facing downward and locate it 3 <i>Cun</i> from the dorsal wrist crease, on the midline posterior to the wrist. Lock the fingers in a grip with the palm facing downward and flex the elbow. The point is on the depression. 手平伸，掌向下，从手腕横纹中央直后三寸处取之，握拳屈肘掌心向下，现沟凹处是穴位。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。</p>
<p>Usage 运用:</p>	<p>Needle the right side when pain occurs in the left forearm and vice versa. 左手下臂痛针右手穴；右手下臂痛针左手穴。</p>
<p>Remarks 说明 :</p>	<p><i>HuoChuan</i> (33.04) is located same as the <i>ZhiGou</i> (SJ 6) point.</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point has excellent effect on treating constipation, palpitation and forearm pain. I also apply it in treating hypochondriac pain with satisfied effect. 火串穴即三焦经之支沟穴，治疗便秘、心悸、手下臂痛，确有卓效，余用治胁痛，尤有特效。 2. <i>HuoChuan</i> (33.04) has same location as <i>ZhiGou</i> (SJ 6) which is the point of the <i>SanJiao</i> channel for regulating <i>Qi</i> circulation and frequently applied for treating constipation and pain in the hypochondriac region. In addition, the SJ channel is the channel of ministerial Fire; this point is also considered as a Fire point, therefore I purge the Fire of Fire channel to treat constipation. And this point is corresponding to Fire and Heart. It is also used for palpitation or other disorders of the Heart system (like chest congestion). 3. Since hand and foot <i>ShaoYang</i> channels (SJ and GB) are connected, the channel of the same name, this point is indicated for sprained ankle and stiff neck. 4. As <i>SanJiao</i> and Kidney are connected (extraordinary connection) and it regulates the flow of <i>Qi</i>, this point is also good for treating acute muscular sprain in waist or lower back. 5. It can also be used for pain in the rib area due to holographic theory.

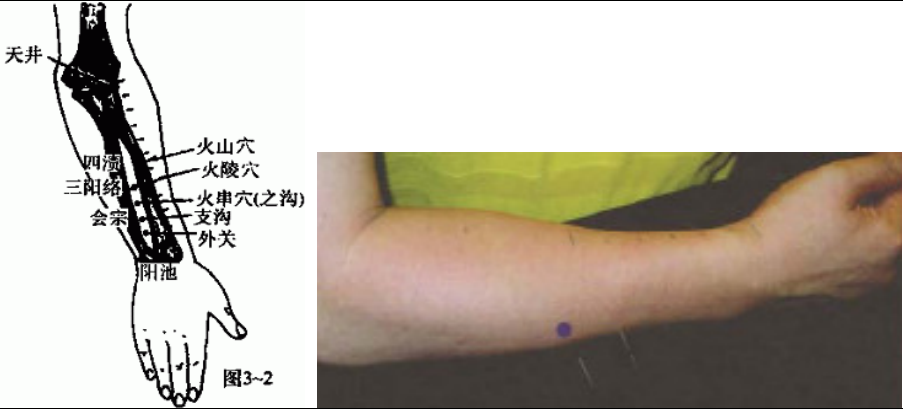
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33.05 *HuoLing* (Fire Mound) 火陵穴

Image 附图 :	
Location 部位 :	Two <i>Cun</i> proximal to <i>HuoChuan</i> (33.04) 在火串穴后两寸。
Indications 主治 :	Pain, stuffiness, and distending feeling in the chest; and cramps of the hand. 胸痛及发闷、发胀、手抽筋。
Location of the point 取穴 :	With the palm on the chest, locate the point 2 <i>Cun</i> proximal to <i>HuoChuan</i> (33.04) . 手抚胸取穴，在火串穴后两寸处取之。
Manipulation 手术 :	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸。
Mechanism, Elucidation and Application:	This point is located at the <i>SanJiao</i> channel which is interior-exteriorly related with the Pericardium channel, thus it is effective in treating stiffness, pain, and distention in the chest.

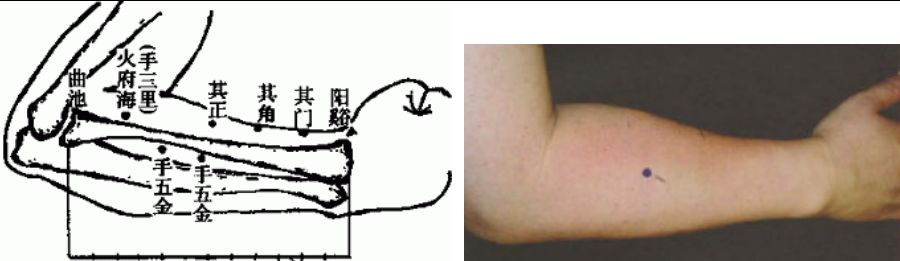
A Study on Tung's Acupuncture

33.06 HuoShan (Fire Mountain) 火山穴

Image 附图：	
Location 部位：	One and a half <i>Cun</i> proximal to HuoLing (33.05) . 在火陵穴后一寸五分。
Indications 主治：	Pain, stuffiness, and distending feeling in the chest; cramps of the hand. 胸痛及发闷、发胀、手抽筋。
Location of the point 取穴：	With the palm on the chest, locate the point 2 <i>Cun</i> proximal to HuoLing (33.05) . 手抚胸取穴，在火陵穴后一寸五分处取之。
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深一寸至寸半。
Usage 运用：	HuoShan (33.06) of the right arm is selected when cramping occurs in the left arm, and vice versa. When a patient suffers from pain, stuffiness, and distending feeling in the chest, acupuncture is performed on HuoLing (33.05) and HuoShan (33.06) simultaneously; however, needling both arms is contraindicated. 左手抽筋取右手穴；右手抽筋取左手穴。胸部痛及发闷、发胀则火陵、火山两穴同时用针，但注意只宜单手取穴，不可双手同时用针。
Remarks 说明：	HuoLing (33.05) is located 2 <i>Cun</i> proximal to HuoChuan (33.04) ; HuoShan (33.06) is only 1.5 <i>Cun</i> proximal to HuoLing . It should be mentioned that the position of the forearm while point-locating them is different. While locating HuoChuan the forearm should be stretched straight; whereas locating HuoLing (33.05) or HuoShan (33.06) the forearm should be bended with palm touching the upper chest. 火陵在火串（支沟）后二寸，火山在火陵后二寸，但取穴略有不同，取火串，手平伸。取火陵、火山则手抚胸取穴。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. HuoLing (33.05) and HuoShan (33.06) can be used for cramps of hand and forearm as well as chest pain, the distention and stiffness in the chest. Since <i>SanJiao</i> is related interiorly-exteriorly to the Pericardium channel, puncturing/needling deeply through the channel, it can get great effect. In my experiences, I did not observed adverse effect by using points on both sides. 火陵、火山穴针之能透三焦经，除治疗手抽筋有效外，治疗胸痛、胸闷、胸胀亦有显效，盖三焦与心包表里，深针透经，自是效果卓佳，两手同时下针，据经验并无不良作用。 2. HuoLing (33.05) can also be used for treating sciatica that radiates along the <i>ShaoYang</i> channel. 火陵穴治少阳经走向之坐骨神经痛，效果亦佳。 3. The point is located right inferior to the tendon, thus, it can be applied for treating tendon or muscular cramp in the forearm and hand.

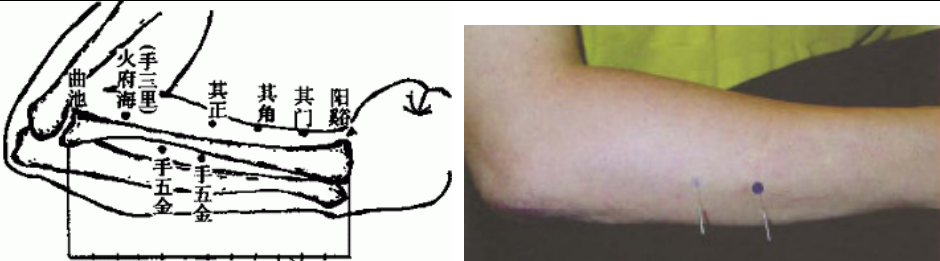
A Study on Tung's Acupuncture

33.07 *HuoFuHai* (Fire Bowel Sea) 火腑海穴

Image 附图：	
Location 部位：	Two <i>Cun</i> proximal to HuoShan (33.06) on the prominence of the muscle. 在火山穴后两寸，按之肉起，锐肉之端。
Indications 主治：	Coughing, asthma, common cold, rhinitis, sciatica, aching pain of the leg and lower back, anemia, dizziness, blurred vision and overstrained eyes. 咳嗽、气喘、感冒、鼻炎、坐骨神经痛、腿酸、腰酸、贫血、头晕、眼花、疲劳过度。
Location of the point 取穴：	2 <i>Cun</i> proximal to HuoShan (33.06) when the palm is placed on the chest. 手抚胸取穴，在火山穴后二寸处取之。
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep 针深五分至一寸。
Usage 运用：	<ol style="list-style-type: none"> 1. In the treatment of anemia, dizziness, blurred vision, aching pain of the leg, and overstrain, the needle is retained for 10 minutes, after which, moxibustion is applied to the point with 3-5 cones. 2. Moxibustion performed every other day for three months function to prolong life. For the 5th, 10th, and 15th moxibustion treatment, use 7-9 cones. In this way 7-9 cones are used twice and 3-5 cones are used 12 times within each month. <p>治贫血、头昏、眼花、腿酸、疲劳过度时，下针十分钟后取针，改用垫灸三壮至五壮（不须下针，仅灸三至五壮亦可），隔日1灸，灸上3个月，可延年益寿。灸至第五、第十、第十五次，大灸七壮至九壮（大壮），即每月大壮3次，小壮12次。</p>
Remarks 说明：	HuoFuHai (33.07) is located same as ShouSanLi (LI 10) , therefore their main functions are quite similar. Both can be used for tonifying deficiencies, especially by applying moxibustion. 火腑海穴位置与大肠经之手三里穴相符，主治亦大致相同。有补虚之作用，用灸效果颇好。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. This point is located on <i>SanJiao</i> channel, but should be measured from <i>YangMing</i> (LI) channel, that is why it also has strong effect on tonifying the Kidney system. It can be used for treating sciatica, soreness muscle of waist and legs. 2. It can be also applied for treating respiratory disorders because the LI channel is related interiorly-exteriorly with the Lung Channel. 3. Based on the extraordinary connection between the Large Intestine and Liver, this point can also used for treating dizziness, blurred vision and fatigue. 4. The above four points [HuoChuan (33.04), HuoLing (33.05), HuoShan (33.06) and HuoFuHai (33.07)] are all named with <i>Huo</i> (Fire), all located at the <i>SanJiao</i> (Fire) channel which is related interiorly-exteriorly with the Pericardium (Fire) channel, thus they can all be applied for treating the Heart (Fire) system disorders.

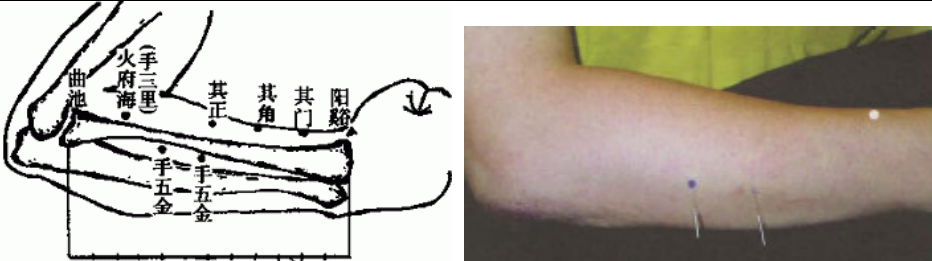
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33.08 *ShouWuJin* (Hand Five Metal) 手五金穴

Image 附图：	
Location 部位：	On the lateral side of the ulna, 6.5 <i>Cun</i> proximal to the lateral side of the pisiform bone. 在尺骨外侧，距腕豆骨六寸五分。
Indications 主治：	Sciatica, abdominal pain, distending feeling of the leg, and pain and numbness of the feet. 坐骨神经痛、腹痛、小腿发胀、脚痛、脚麻。
Location of the point 取穴：	With the palm on the chest, locate the point on the lateral side of the ulna, 6.5 <i>Cun</i> from the pisiform bone, i.e. 0.5 <i>Cun</i> laterally from HuoShan (33.06) . 手抚胸取穴，当尺骨外侧，距腕豆骨六寸五分，即火山穴外开五分处是穴。
Manipulation 手术：	Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。
Mechanism, Elucidation and Application:	See " ShouQianJin (33.09) "

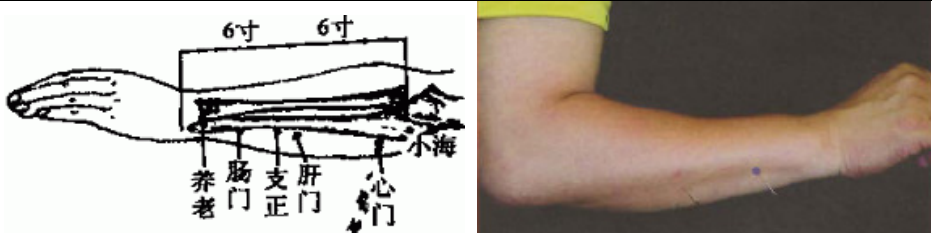
A Study on Tung's Acupuncture

33.09 *ShouQianJin* (Hand Thousand Metal) 手千金穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the lateral side of the ulna, 1.5 <i>Cun</i> proximal to <i>ShouWuJin</i> (33.08). 尺骨外侧，手五金穴后一寸五分。</p>
<p>Indications 主治 :</p>	<p>Sciatica, abdominal pain, distending feeling of the leg, and pain and numbness of the feet. 坐骨神经痛、腹痛、小腿发胀、脚痛，脚麻。</p>
<p>Location of the point 取穴 :</p>	<p>With the palm on the chest, locate the point on the lateral side of the ulna, 8 <i>Cun</i> from pisiform bone, longitudinally, 1.5 <i>Cun</i> proximal to <i>ShouWuJin</i> (33.08). 手抚胸取穴，在尺骨外侧，距腕豆骨八寸，手五金穴后一寸五分处取之。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-0.8 <i>Cun</i> deep. 针深五分至八分。</p>
<p>Usage 运用:</p>	<p><i>ShouWuJin</i> (33.08) and <i>ShouQianJin</i> (33.09) can be selected simultaneously, but it is contraindicated to select them on both arms. 手五金与手千金两穴同用，唯禁忌双手同时取穴。</p>
<p>Remarks 说明 :</p>	<p><i>ShouWuJin</i> (33.08) and <i>ShouQianJin</i> (33.09) are located at the line which is 0.5 <i>Cun</i> lateral to the <i>SanJiao</i> Channel. They are usually used together as <i>DaoMa</i> (Coupling) technique. 手五金、手千金穴之位置约距三焦经走向外开五分，前文之腕豆骨应改为“腕横纹”较有助于寻找正确穴位，手五金、手千金一般均倒马应用，治上述各症确有卓效，余常用治少阳经走向之坐骨神经痛及小腿胀痛酸麻。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. In my clinical experiences, these points are good for treating sciatica pain along the <i>ShaoYang</i> channel, and sore, distended and numb in calf. <i>ShouQianJin</i> (33.09) alone can also be used for early stage carbuncles in the arms. 手千金单独治手臂疮疡初起特效。 2. These two points are located in between the hand-<i>TaiYang</i> and hand-<i>ShaoYang</i> channels, right in the cleft between bone and tendon; thus they can connect the Liver (tendon) and the Kidney (bone), which is right fit for the sciatica situation.

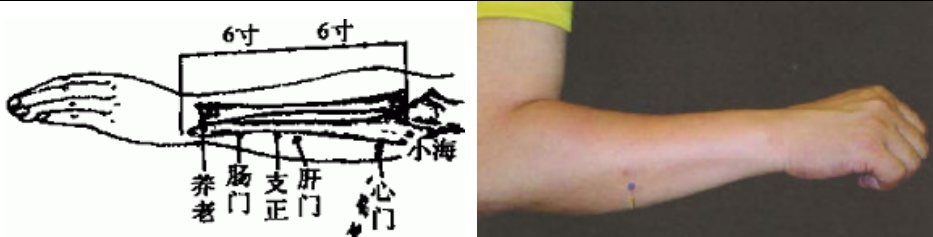
A Study on Tung's Acupuncture

33.10 ChangMen (Intestine Gate) 肠门穴

Image 附图：	
Location 部位：	On the medial side of the ulna, 3 <i>Cun</i> proximal to the pisiform bone. 在尺骨之内侧，距腕豆骨三寸。
Indications 主治：	Enteritis caused by hepatitis, dizziness, and blurred vision. 肠炎、头昏眼花。
Location of the point 取穴：	With the palm placed on the chest, locate the point between the medial side of the ulna and the tendons, 3 <i>Cun</i> proximal to the pisiform bone. 手抚胸取穴，在尺骨之内侧与筋腱之间，距腕豆骨三寸处是穴。
Manipulation 手术：	Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三至五分。
Remarks 说明：	In addition to the above diseases, ChangMen (33.10) can also be used as an emergency point for urgent diarrhea or abdominal cramp. Simply apply digital pressing on the ChangMen (33.10) point and temporarily relieve the urgent sensation of the anus and rectum. 肠门穴除治疗上述症状外，在腹痛里急后重或急欲如厕腹泻之际，以手按压，即能缓和肛门及大肠之紧张状态，而及时寻找处所解决。
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. In the medium <i>TaiChi</i> holography, this point corresponds to the rectum and anus [ZhiGou (SJ 6) which has the same correspondence using for constipation; ErBai (Extra) is the same as its using for hemorrhoids]; on the other side, this point is located at the SI channel which is in charge of separating Water and has the function of removing Dampness, thus it can be used for diarrhea [even better results if combined with MenJin (66.05)] 本穴配门金治疗急性腹泻颇有效。 2. When treating acute hepatitis with Large Intestine disorder symptoms, it is better to use together with GanMen (33.11).

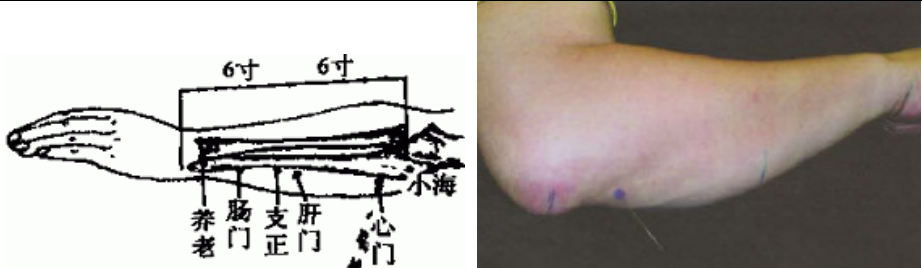
A Study on Tung's Acupuncture

33.11 GanMen (Liver Gate) 肝门穴

Image 附图：	
Location 部位：	On the ulnar side, 6 <i>Cun</i> proximal to the pisiform bone. 在尺骨之内侧，距腕豆骨六寸。
Indications 主治：	Acute hepatitis (most effective). 急性肝炎（特效）。
Location of the point 取穴：	With the palm placed on the chest, locate the point in the center of the medial aspect of the ulna, 6 <i>Cun</i> proximal to the pisiform bone. 手抚胸取穴，当尺骨之内侧中部，距腕豆六寸处取之。
Manipulation 手术：	<ol style="list-style-type: none"> 1. Insert the needle 0.3-0.5 <i>Cun</i> deep. Hepatalgia is alleviated at once after needling. 2. When the needle is rotated clockwise, stuffiness in the chest is relieved; and when the needle is rotated counterclockwise, enteralgia ceases. <p>针深三分至五分。针下后立止肝痛，将针向右旋转，胸闷即解，将针向左旋转，肠痛亦除。</p>
Usage 运用：	<ol style="list-style-type: none"> 1. Acupuncture performed on ChangMen (33.10) and GanMen (33.11) treats enteritis due to hepatitis. 肠门穴与肝门穴同时使用，可治肝炎引起之腹泄。 2. The point on the left hand is selected more often than the point on the right hand. 单用左手穴，禁忌双手同时取穴。 3. It is contraindicated to select points bilaterally.
Mechanism, Elucidation and Application:	<ol style="list-style-type: none"> 1. GanMen (33.11) is a fascinating point to be used for treating acute hepatitis. Since the Liver is located in the right side of the body, only the left GanMen (33.11) point is needed for needling. If there is enteritis symptoms accompanied, the ChangMen (33.10) can be added as the <i>DaoMa</i> technique application. 肝门穴对于急性肝炎效果极佳，由于肝在右侧，所以针治时以左手为主即可，对于合并肠炎症状，则可加针肠门，使成倒马，疗效甚佳。 2. For treating chronic hepatitis (Hepatitis B), the <i>ShangSanHuang</i> [upper three <i>Huang</i> points: TianHuang (88.13), MingHuang (88.12), QiHuang (88.14)] can be combined for better effect. 本穴配上三黄（天黄、明黄、其黄）治慢性肝炎亦有特效。亦可治 B 型肝炎。 3. In TCM theory, to treat Spleen is important key for treating Dampness. Since the Small Intestine is not only connected with the Spleen, but also in charge of separating and eliminating Dampness, it makes a lot of sense that both GanMen (33.11) and ChangMen (33.10) are located on the SI channel. On the other side, WanGu (SI 4), the <i>Yuan</i>-source point of the SI channel, is an effective point for the treatment of jaundice. GanMen (33.11) also deals with jaundice same as the explanation. 本穴在小肠经上，小肠为分水之官，小肠经之原穴腕骨为治黄疸要穴。本穴能治黄疸自有一定道理。本穴若以全息观点言，在前臂之中点，治中焦病有效，配合前述理论，治肝病确实有效。余以此穴治疗肝炎病例甚多，疗效颇佳。


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33.12 *XinMen* (Heart Gate) 心门穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>In the depression on the medial side of the inferior ulna 1.5 <i>Cun</i> distal to the elbow. 在尺骨鹰嘴突起之上端，去肘一寸五分陷中。</p>
<p>Indications 主治：</p>	<p>Carditis, palpitations, suffocating feeling in the chest, vomiting, and dry cholera. 心脏炎、心跳胸闷、呕吐、干霍乱。</p>
<p>Location of the point 取穴：</p>	<p>With the palm on the chest, locate the point in the depression on the medial side of the inferior ulna, 1.5 <i>Cun</i> distal to the elbow. 手抚胸取穴，在下尺骨内侧陷处，距肘尖一寸五分是穴。</p>
<p>Usage 运用：</p>	<p>It is contraindicated to needle the point bilaterally. 禁忌双手用穴。</p>
<p>Remarks 说明：</p>	<p><i>XinMen</i> (33.12) is on the SI channel, in the vicinity of <i>XiaoHai</i> (SI 8) the <i>He</i>-sea point of the SI channel.</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. <i>XinMen</i> (33.12) is located next to <i>XiaoHai</i> (SI 8), the <i>He</i>-sea point of the SI channel. As Small Intestine is related interiorly-exteriorly with the Heart Channel, it is effective for treating heart problems. 心门穴约在小肠经上，在小肠合穴附近，治疗心脏各病尤为特效， 2. From the perspective of holographic theory, near the elbow is correspondent to the sacrum area, therefore, <i>XinMen</i> (33.12) can be used for treating pain in the medial of the thigh (also in groin) or sciatica pain along the <i>TaiYang</i> channel (due to the hand-<i>TaiYang</i> travels through the foot-<i>TaiYang</i>). 又本穴治疗大腿内侧痛（含腹股沟），坐骨神经痛，尾骶骨痛亦有特效。 3. If needling this point right close to the bone, it can show remarkable effect in treating the pain of the tail bone. This can be explained by the following four reasons: <ol style="list-style-type: none"> a. Use bone to treat bone; b. Holographic theory c. Hand-<i>TaiYang</i> is connected with the foot-<i>TaiYang</i> channel d. <i>TaiYang</i> channels surround the circulation pathway of the <i>Du</i> (Governing) channel. 4. In Tung's system, most of the points used for treating heart problems are also good for used in treating knee problems. As <i>XinMen</i> (33.12) point is right close to the tip of the elbow, which is correspondent to the knee joint, therefore, it can also be used for knee pain (especially the inner side of the knee). Insert the needle right next to the bone, it can create even a better effect while treating degenerative osteoarthritis or bone spur in the knee joint. 本穴亦常用于治膝痛（内侧膝痛尤效）。


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33.13 RenShi (Man Scholar) 人士穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the medial side of the radius of the ventral forearm, 4 <i>Cun</i> proximal to the wrist crease. 在前臂桡骨里侧，去腕横纹四寸。</p>
<p>Indications 主治 :</p>	<p>Asthma, and pain of the palm, finger, shoulder, arm and back. 气喘、手掌及手指痛、肩臂痛、背痛。</p>
<p>Location of the point 取穴 :</p>	<p>Extend the palm distally and facing upward. Locate the point on the medial side of the radius, 4 <i>Cun</i> proximal to the wrist crease. 手平伸、掌心侧向上，从腕部横纹上行四寸，当前臂桡骨内侧是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸。</p>
<p>Usage 运用:</p>	<p>Insert 0.5 <i>Cun</i> to treat asthma, and pain of the palm, finger, shoulder, arm and back. Treat diseases by needling the opposite side. For heart diseases and palpitations, insert the needle to a depth of 1 <i>Cun</i>. 针深五分治气喘、治手掌及手指痛、肩臂痛、背痛（患右用左穴、患左用右穴。） 针深一寸治心脏病、心跳。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. RenShi (33.13) is located on the Lung Channel, thus it can be used for treating asthma. Among the three "<i>Shi</i>" points, only this one can be used for the pain in the fingers, shoulders and arm and upper back; as it is correspondent to the upper <i>Jiao</i> based on the holographic perspective of <i>DaoMa</i> (Coupling) technique, therefore, it treats the disease inclined to the upper of the body. 2. This point is another good example of proving the theory. The needle should be inserted in the superficial level for treating near site problems; while treating remote issues then needling should be deeper. Master Tung generally used the opposite side point (the healthy side) for treatment.


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33.14 *Dì Shí* (Earth Scholar) 地士穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the medial border of the radius 3 <i>Cun</i> proximal to Ren Shi (33.13) 在前臂桡骨中部内缘, 距人土穴三寸。</p>
<p>Indications 主治 :</p>	<p>Asthma, common cold, headache, and deficiency in the Kidney, and Heart diseases. 气喘、感冒、头疼、肾亏、心脏病。</p>
<p>Location of the point 取穴 :</p>	<p>Extend the palm distally and facing upward. The point is located on the medial border of the radius, 3 <i>Cun</i> proximal to Ren Shi (33.13). 手平伸、掌向上, 去腕横纹七寸, 即距人土穴后三寸, 当前臂桡骨内侧是穴位。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1 <i>Cun</i> deep for the treatment of asthma, common cold, headache, and Kidney deficiency; and insert 1.5 <i>Cun</i> deep to treat heart diseases. 针深一寸治气喘、感冒、头病及肾亏。针深一寸五分治心脏病。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point is also an example for "deeper for further, shallower for closer". When needled to the superficial level, it can be used for treating asthma, cold, headache or Kidney deficiency; when needled to the deep level, it can be used for treating Heart diseases. 2. This point is located on the Lung channel and very close to Kung Zui (LU 6), the <i>Xi</i>-cleft point, therefore, it is effective for treating asthma and cold/flu.

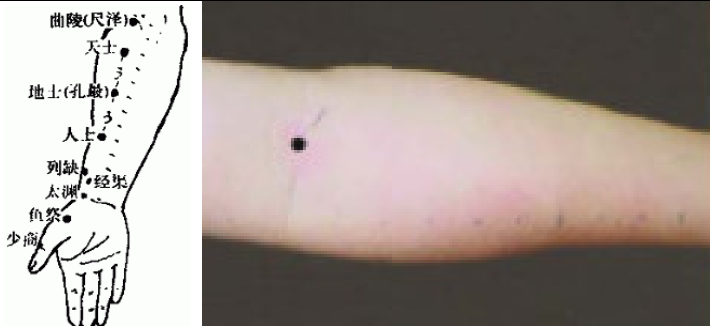
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33.15 *TianShi* (Heavenly Scholar) 天士穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the medial aspect of the posterior radius, 3 <i>Cun</i> proximal to DiShi (33.14). 在前臂桡骨之后部内侧，距地士穴三寸。</p>
<p>Indications 主治 :</p>	<p>Asthma, rhinitis, arm pain, common cold, and a suffocating sensation in the chest. 气喘、鼻炎、臂痛、感冒、胸部发胀。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the medial aspect of the posterior radius of the forearm, 3 <i>Cun</i> proximal to DiShi (33.14). 在前臂桡骨之后部内侧，距地士穴三寸处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5 <i>Cun</i> deep. 针深一寸五分。</p>
<p>Usage 运用:</p>	<p>Asthma is often effectively treated by needling this point along with DiShi (33.14), RenShi (33.13), and LingGu (22.05). 天士、地士、人土三穴配灵骨穴、双手同时用针为治哮喘之特效针。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. RenShi (33.13), DiShi (33.14) and TianShi (33.15) are also called "three <i>Shi</i>" points. They are all good for treating respiratory systems as they are all located on the Lung channel. RenShi (33.13) is 4 <i>Cun</i> above TaiYuan (LU 9). The DiShi (33.14) is located same as KongZui (LU 6), the Xi-cleft point of the Lung channel, thus is good for treating asthma, of course, it is even better if combined with RenShi (33.13) and TianShi (33.15). 人土、地士、天士简称三士穴位置均在肺经上，因此治疗呼吸器官病效果极佳，人土在太渊上四寸，地士则与孔最穴位置相符。孔最为肺经郄穴，治哮喘疗效本佳，配人土、天士倒马效果更好。 2. Combined use with ShuiJin (1010.20) and ShuiTong (1010.19) can create even superior effect. 三士穴配水金或水通疗效更好。 3. For treating asthma, a better effect can be approached by combining with LingGu (22.05) as both Lung and Kidney are tonified.

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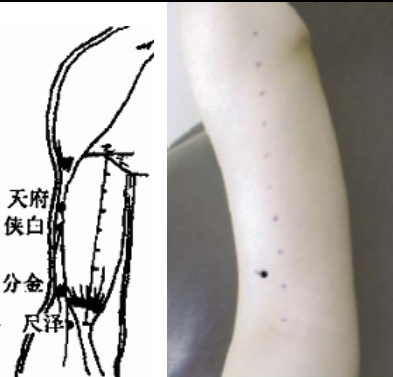
33.16 *QuLing* (Curved Mound) 曲陵穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the crease of the cubital fossa on the radial side of the tendon of the m. biceps brachii. 在肘窝横纹上，试摸有一大筋，在筋之外侧。</p>
<p>Indications 主治 :</p>	<p>Spasm, dry cholera, asthma, inflammation of the elbow joint, and palpitations. 抽筋、阳霍乱、气喘、肘关节炎、心跳。</p>
<p>Location of the point 取穴 :</p>	<p>Extend the palm distally and facing upward, the point is located in the cubital crease of the fossa on the radial side of the tendon m. biceps brachii. The point is in the depression when the elbow is flexed or extended. 平手取穴，在肘窝横纹上，在大筋之外侧以大指按下，肘伸屈时有一大凹陷处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。</p>
<p>Usage 运用:</p>	<p>Bleed the radial artery adjacent to QuLing (33.16) with a three-edged needle to treat cholera of the <i>Yang</i> type, dry cholera, and myocardial infarction. 用三棱针刺曲陵穴内侧之静脉血管，使其出血，可治霍乱。</p>
<p>Remarks 说明 :</p>	<p>QuLing (33.16) is located the same as ChiZe (LU 5), with similar indication. It is an important point as it can be used for treating many diseases by needling and bloodletting. 曲陵穴与肺经之尺泽穴位置相符，主治功能亦相同，点刺放血所治之病尤多，实为要穴。</p>
<p>Mechanism, Elucidation and Application:</p>	<ol style="list-style-type: none"> 1. This point is the water point of the Lung Channel, which means it can be used for treating both Lung and Kidney. It is also a <i>He</i>-sea point, which offers strong effect in regulating <i>Qi</i> circulation. (<i>He</i>-sea point can be used for purging the reverse-flowed <i>Qi</i>) That is why this point is good for chest and lung problems such as asthma. 本穴可治尿意频数（配肾关），半身不遂，咳嗽（配水金），泻之可治筋痉挛拘急，肺经一切实症，扁桃腺炎、咽喉等颇有效（详见拙著《针灸经穴学》之尺泽部分）。 2. Since it is the Water point of Metal channel, by purging it, it can prevent Metal function of counteracting Wood. So this point can also be used for treating problems due to cramping of tight tendons. As it is located close to a big tendon, it is also frequently applied in sport injury treatments. 3. As it is the water point, it is also good for Fire problem (inflammation) of the Lung channel, such as: tonsillitis, pneumonia, laryngitis. 4. This point can also be applied treating frequent urination [combined with ShenGuan (77.18)], hemiplegia, coughing [combined with ShuiJin (1010.20)] or any Excess syndrome of the Lung Channel. 5. Bloodletting this point can be used for treating chest congestion, chest pain, heart problems, asthma, and frozen shoulder with satisfactory effect. 点刺出血治疗胸闷、胸痛、心脏病变及肩痹痛（五十肩），气喘皆极有疗效。

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Chapter 4 - Points of the Upper Arm (44.00) 第四章四四部位（后臂部位）

44.01 FenJin (Divide Gold) 分金穴

Image 附图：	
Location 部位：	On the anterior side of the humerus of the upper arm, 1.5 <i>Cun</i> proximal to the cubital fossa crease. 在后臂肱骨之前侧，距肘窝横纹一寸五分。
Indications 主治：	Common cold, rhinitis, and laryngitis (most effective). 感冒、鼻炎及喉炎之特效针。
Location of the point 取穴：	With the palm placed on the chest, locate the point in the lateral aspect of the anterior side of the humerus, 1.5 <i>Cun</i> proximal to the cubital fossa crease. 手抚胸取穴，当后臂肱骨之下部中央，去肘窝横纹一寸五分处是穴。
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸。
Remarks 说明：	FenJin (44.01) is located on the Lung Channel, 3.5 <i>Cun</i> below XiaBai (LU 4) , 1.5 <i>Cun</i> distant from ChiZe (LU 5) . 分金穴位于肺经上，在侠白下三寸半，距尺泽一寸半
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Because this point is located on the Lung Channel, thus it can be used for the common cold, rhinitis, and laryngitis with satisfied effect. 由于其位居肺经之上，因此治疗上述之感冒、鼻炎及喉炎有点效。 2. For treating coughing or naso-sinusitis, it is even better with combined use of QuLing (33.16) as <i>DaoMa</i> (Coupling).

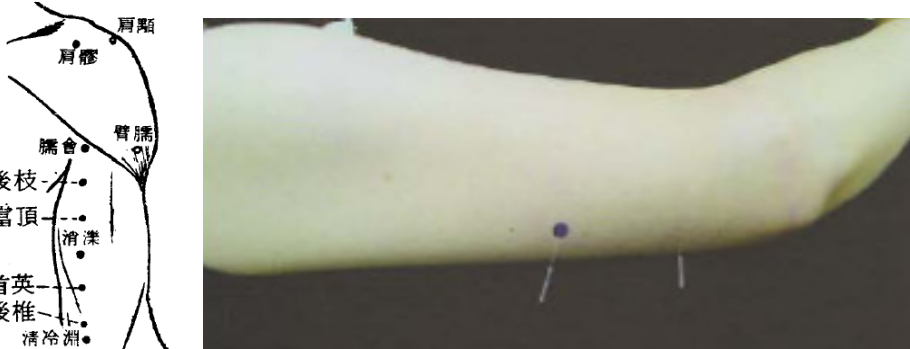
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44.02 HouZhui (Back Vertebra) 后椎穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the posterior side of the humerus of the upper arm, 2.5 <i>Cun</i> proximal to the cubital crease. 在后臂肱骨之外侧，距肘横纹二寸五分。</p>
<p>Indications 主治 :</p>	<p>Dislocation and distending pain of the vertebrae, nephritis, and lower back pain. 脊椎骨脱臼、脊椎骨胀痛、肾脏炎、腰痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point with the arm extended downward. This point is on the posterior side of the humerus of the upper arm, 2.5 <i>Cun</i> proximal to the cubital fossa crease. 手臂下垂，在后臂肱骨之外侧，距肘横纹二寸五分是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。</p>
<p>Remarks 说明 :</p>	<p>HouZhui (44.02) is located at the <i>SanJiao</i> channel, about 0.5 <i>Cun</i> superior to QingLengYuan (SJ 11). 后椎穴位于三焦经上，约当清冷渊穴上五分处</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. Based on the theory that "Kidney has extraordinary connection with <i>SanJiao</i>", this point can be applied to the treatment of the lower back pain, nephritis, spinal distended pain or dislocation of spine related to Kidney with severe effect. 由于位居三焦经上，基于肾与三焦通之脏象原理，治疗与肾有关之脊椎骨脱臼，脊椎骨胀痛、肾脏炎、腰痛确有显效。 2. From the name <i>Hou</i> (back) <i>Zhui</i> (vertebra/spine), it can be used for spine problems. A better effect can be approached if needled alongside the bone.

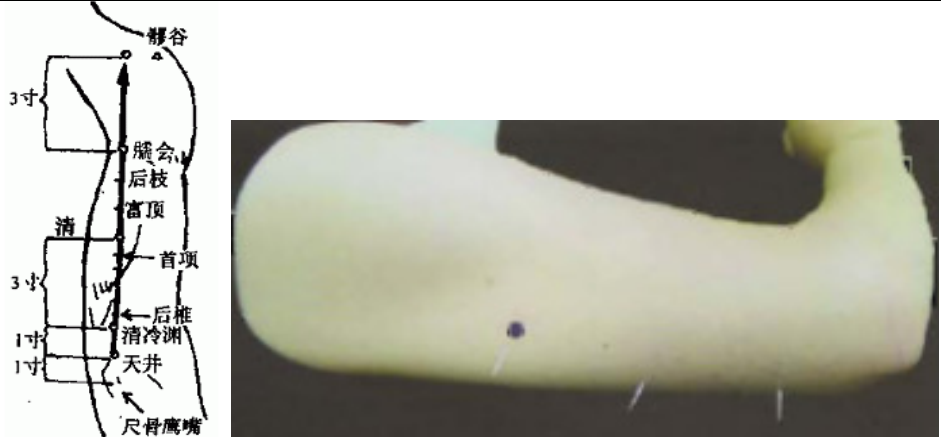
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44.03 *ShouYing* 首英穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the posterior side of the humerus, 4.5 <i>Cun</i> proximal to the cubital crease. 当后臂肱骨之外侧，距肘横纹四寸五分。</p>
<p>Indications 主治 :</p>	<p>Dislocation, distending pain of the vertebrae, nephritis, and lower back pain. 脊椎骨脱臼、脊椎骨胀痛、肾脏炎、腰痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point with the arm extended. This point is on the posterior side of the humerus of the upper arm, 2 <i>Cun</i> proximal to HouZhui (44.02). 手臂下垂，在后臂肱骨之外侧，距后椎穴二寸处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。</p>
<p>Usage 运用:</p>	<p>HouZhui (44.02) and ShouYing (44.03) are usually coupled to produce quick results. 后椎、首英两穴通常同时用针（即所谓回马针），效力迅速而佳。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is located 0.5 <i>Cun</i> below XiaoHuo (SJ 12). It should be alongside the bone while needling. 2. As "<i>SanJiao</i> is connected with Kidney", "Kidney governs bone", and "treating bone with bone", this point has great effect for treating spine problems, nephritis and lower back pain. 3. HouZhui (44.02) and ShouYing (44.03) are both located in the middle part of the upper arm, it also makes sense for treating spine and lower back problems from the perspective of holographic system.

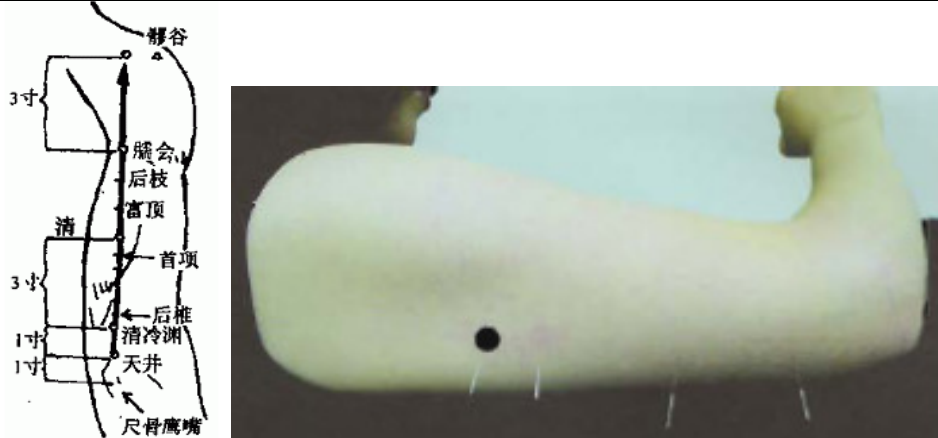
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44.04 *FuDing* (Wealth Apex) 富顶穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the posterior side of the humerus of the upper arm, 2.5 <i>Cun</i> superior to <i>ShouYing</i> (44.03), and 7 <i>Cun</i> proximal to the cubital crease. 当后臂肱骨之外侧，去首英穴二寸五分，距肘横纹七寸。</p>
<p>Indications 主治 :</p>	<p>Fatigue, hypofunction of the Liver, hypertension, dizziness and headache. 疲劳、血压高、头晕、头痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point with the arm extended. This point is on the posterior side of the humerus of the upper arm, 2.5 <i>Cun</i> superior to <i>ShouYing</i> (44.03). 手臂下垂，在后臂肱骨之外侧，距首英穴上二寸五分。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. Needle superficially to treat fatigue and hypofunction of the Liver; and needle deeply to treat headache, dizziness, and hypertension. 针探三至五分，针浅扎治疲劳，针深扎治头痛、头昏及血压高。</p>
<p>Remarks 说明 :</p>	<p><i>ShouYing</i> (44.03) and <i>FuDing</i> (44.04) are both located at SJ Channel. <i>ShouYing</i> (44.03) is located 0.5 <i>Cun</i> below <i>XiaoLuo</i> (SJ 12); <i>FuDing</i> (44.04) is located about 2 <i>Cun</i> above <i>XiaoLuo</i> (SJ 12) and 1 <i>Cun</i> below <i>NaoHui</i> (SJ 13). 首英穴及富顶穴皆位于三焦经上，首英穴约当消泺下寸半。富顶穴约当消泺上一寸。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>Master Tung has explained that the points located on the SJ channel cannot only used for Kidney problems, most of them can also work on Liver system. [Can cross-reference with the finger points such as <i>HuanChao</i> (11.06) or <i>ZhiSanHong</i> (11.14).] Most of their indications are diseases due to Liver and Kidney deficiencies.</p>

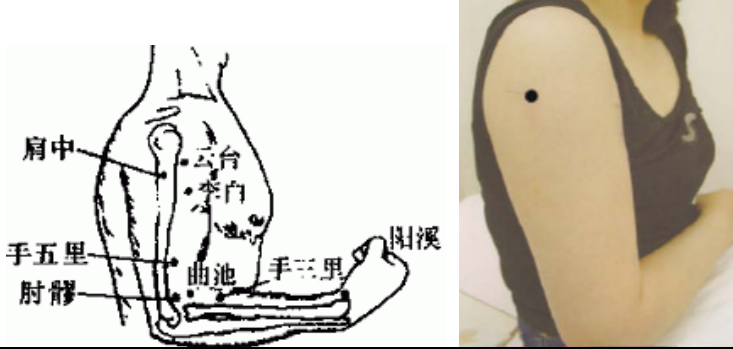
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44.05 HouZhi (Back Branch) 后枝穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the line between JianZhong (44.06) and the elbow, and 1 <i>Cun</i> proximal to FuDing (44.04) and 8 <i>Cun</i> proximal to the cubital crease. 当肩中与肘之直线上，距富顶穴一寸，离肘横纹八寸。</p>
<p>Indications 主治 :</p>	<p>Hypertension, dizziness, headache, sterilization, and arteriosclerosis. 血压高、头晕、头痛、皮肤病、血管硬化。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point with the arm extended. This point is on the posterior side of the humerus of the upper arm, 1 <i>Cun</i> superior to FuDing (44.04). 手臂下垂，在后臂肱骨之外侧，距富顶穴一寸处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.7 <i>Cun</i> deep. 针深三分至七分。</p>
<p>Usage 运用:</p>	<p>Needle FuDing (44.04) and HouZhi (44.05) simultaneously to treat pain in the nape of the neck, stiff neck, and facial paralysis. 富顶、后枝两穴同时下针，可治颈项疼痛扭转不灵及面部麻痹。</p>
<p>Remarks 说明 :</p>	<p>HouZhi (44.05) is located 2 <i>Cun</i> above XiaoLuo (SJ 12), quite similar to where NaoHui (SJ 13) is. 后枝穴位置约当消泺上二寸，臑会下一寸。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>Both FuDing (44.04) and HouZhi (44.05) can affect the Liver and Heart. They can both be used for regulating blood circulation and treating Liver related hypertension, dizziness, headache and fatigue.</p>

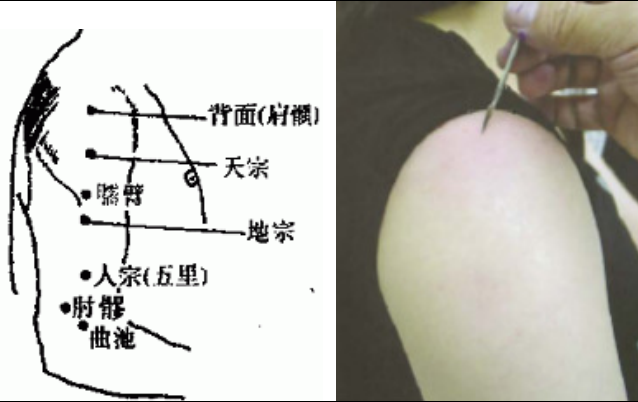
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44.06 JianZhong (Shoulder Center) 肩中穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the lateral side of the humerus, 2.5 <i>Cun</i> inferior to the acromion joint. 当后臂肱骨之外侧，去肩骨缝二寸五分。</p>
<p>Indications 主治 :</p>	<p>Knee pain (most effective), dermatosis (most effective for skin diseases in the neck region), polio, hemiplegia, palpitations, arteriosclerosis, nose bleeding, and shoulder pain. 膝盖痛（特效针）、皮肤病（颈项皮肤病有特效）、小儿麻痹、半身不遂、心跳、血管硬化、鼻出血、肩痛。</p>
<p>Location of the point 取穴 :</p>	<p>Extend the arm and locate the point in the middle of the deltoid muscle, 2.5 <i>Cun</i> distal to the scapula. 手臂下垂，自肩骨向下二寸半中央是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.1-1 <i>Cun</i> deep. 针深五分至一寸。</p>
<p>Usage 运用:</p>	<p>Needle JianZhong (44.06) on the right shoulder for pain of the left shoulder and vice versa. 左肩痛扎右穴。右肩痛扎左穴。</p>
<p>Remarks 说明 :</p>	<p>JianZhong (44.06) is located at the center of the deltoid muscle. In my experience, it should be around 3 <i>Cun</i> distant from the shoulder-arm junction (acromion joint). 肩中穴位于肩臂三角肌之中央，去肩骨缝依经验实际系三寸</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. JianZhong (44.06) is very effective for treating knee pain or shoulder pain. 此穴治膝盖痛及肩痛确具卓效，治上述其它症效果亦佳。 2. JianZhong (44.06) is located at the center of the deltoid muscle, where it is full of layers of thick muscles. As the theory of "using muscle to treat muscle and skin", this point can be effectively used for treating skin diseases or muscular atrophy. It is also good choice for treating lower extremities weakness and hemiplegia.

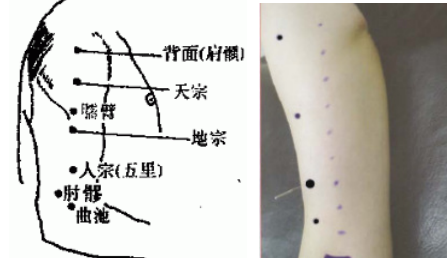
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44.07 BeiMian (Back Face) 背面穴

Image 附图 :	
Location 部位 :	In the center of the acromion joint, in the depression when arm is raised. 在肩骨缝之中央、举臂时有空陷处。
Indications 主治 :	Abdominal distension and weak voice. 腹部发闷，发音无力。
Location of the point 取穴 :	When the arm is raised, locate the point in the depression of the skin in the center of the acromion joint. 举臂时，肩骨连接缝之空陷处中央取穴。
Manipulation 手术 :	Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。
Usage 运用:	Bleed the point to treat general fatigue, aching pain of the legs, vomiting, dry cholera, and acute enteritis. 用棱针可治全身疲劳，两腿发酸，呕吐，干霍乱，肠霍乱，阴阳霍乱。
Remarks 说明 :	BeiMian (44.07) is located same as JianYu (LI 15) , or alternatively 1 <i>Cun</i> posterior to it. It is good to apply with a three-edged needle. 背面穴位置相当于大肠经之肩髃穴，一说后一寸，运用三棱针点刺治疗上述各症，确有卓效。
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is located same or close to JianYu (LI 15). JianYu (LI 15) can be used for regulating Lung <i>Qi</i>; whereas this point is applied for treating feeble voice and abdominal distention by its function of regulating Lung <i>Qi</i>. 本穴与肩髃穴相符或相近，肩髃穴原有调理肺气之效，本穴治腹部发闷及发音无力皆系调理肺气之功。 2. While bloodletting this point, it is not necessary to limit to the fixed point, anywhere near the area within 1 <i>Cun</i> to JianYu (LI 15) is fine. 用三棱针点刺在肩髃穴至其后一寸之周边点刺出血即可，不必拘泥穴位 3. This point is located at the Large Intestine channel which connects interiorly-exteriorly with the Lung channel, links to the Stomach by the <i>YangMing</i> channel; as well as extraordinary connects to the Liver, which allow this point to perform well for the above mentioned indications.

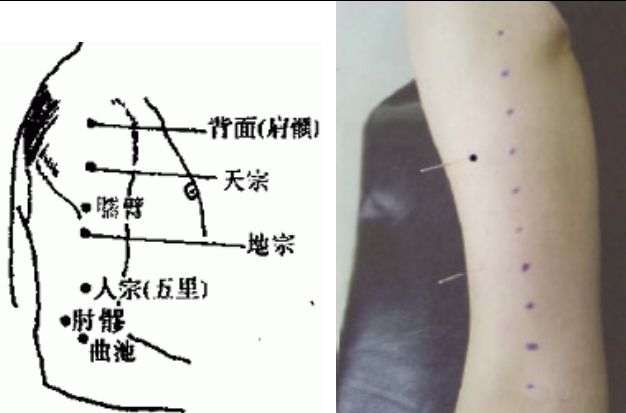
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44.08 RenZong (Human Ancestor) 人宗穴

Image 附图 :	
Location 部位 :	In the depression between the lateral border of the humerus and m. biceps brachii, 3 <i>Cun</i> superior to the cubital crease. 在后臂肱骨内缘与肱二头肌间之陷处，去肘窝横纹三寸。
Indications 主治 :	Foot and hand pain, painful and swollen elbow, motor impairment, yellow complexion due to gallbladder disease, edema, splenomegaly, common cold, and asthma. 脚痛、手痛、肘肿痛难动、面黄（胆病）四肢浮肿、脾肿大、感冒、气喘。
Location of the point 取穴 :	Flex the elbow and place the palm on the chest. Locate the point in the depression between the lateral border of the humerus and the m. biceps brachii, 3 <i>Cun</i> superior to the cubital crease. 屈肘测量，以手拱胸，在后臂肱骨内缘与肱二头肌间之陷处，去肘窝横纹三寸是穴。
Manipulation 手术 :	For common cold and asthma: Insert the needle 0.5 <i>Cun</i> deep. For swollen arm: Insert the needle 0.8 <i>Cun</i> deep. For Liver, Gallbladder, and Spleen diseases: Insert the needle 1.2 <i>Cun</i> deep. 用毫针，针深五分治感冒气喘，针深八分治臂肿，针深一寸二分治肝、胆、脾病。
Remarks 说明 :	The needle must be punctured accurately. If it inclines to the posterior side, the humerus is injured; and if it inclines to the anterior side, the m. biceps brachii is injured. RenZong (44.08) is located same as the ShouWuLi (LI 13) , which was forbidden for needling in ancient acupuncture text. But in our experience, the clinical effect is good with no adverse effects. Maybe the ancient acupuncture needles were thick; thus, doctors would worry that needling might injure the nerve or the artery near the point and thus suggested to not needle this point. Master Tung cautioned us that it must be punctured the point accurately. 人宗穴位置与大肠经之手五里穴相符，古人视手五里为禁针穴，唯据经验刺之其效尚佳，亦无副作用，所谓禁刺，恐系古人用针太粗之故，有伤及动脉及神经之虞，因此董师亦告诫“扎针部位应准确” 下针时，偏外伤肱骨，偏里伤肱二头肌，扎针部位应准确。
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is located at the <i>YangMing</i> channel (LI channel) that connects interiorly-exteriorly to the Lung channel, thus it can be used for treating asthma and cold/flu. 2. Through the extraordinary connection between the large intestine and liver, it can be applied for treating yellowish complexion (Jaundice), splenomegaly (enlarged spleen) or extremities pain. 3. This point did emphasize and should also obey the rule "needled deeper for treating further site".

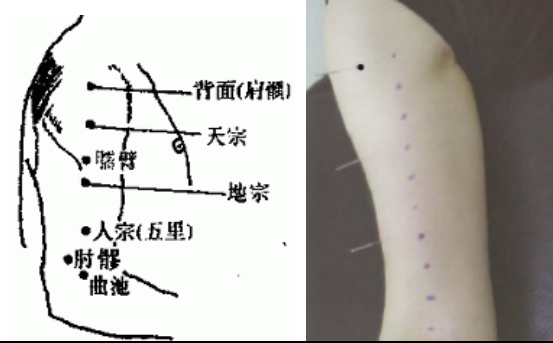
A Study on Tung's Acupuncture

44.09 DiZong (Earth Ancestor) 地宗穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2 <i>Cun</i> superior to RenZong (44.08), 6 <i>Cun</i> proximal to the cubital crease. 在人宗穴上三寸处，距肘窝横纹六寸。</p>
<p>Indications 主治 :</p>	<p><i>Yang</i> depletion, heart disease, and arteriosclerosis. 能使阳症起死回生，心脏病及血管硬化。</p>
<p>Location of the point 取穴 :</p>	<p>With the palm placed on the chest, locate the point in the depression between the lateral border of the center of the humerus and m. biceps brachii, 3 <i>Cun</i> proximal to RenZong (44.08). 屈肘测量，以手拱胸，当后臂肱骨之中部内缘与肱二头肌间之陷处，亦即人宗穴上三寸是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needles bilaterally 1 <i>Cun</i> deep to treat mild conditions, and 2 <i>Cun</i> deep to treat severe condition. 针深一寸治轻病，针深二寸治重病，两臂之穴同时下针。</p>
<p>Remarks 说明 :</p>	<p>The needle must be punctured accurately. If it inclines to the posterior side, the humerus may be injured; and if it inclines to the anterior side, the m. biceps brachii may be injured. 下针时，偏外伤肱骨，偏里伤肱二头肌，扎针部位应特别准确。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point is located close to a vessel, thus, it can be used for regulating blood circulation. It has similar cardiac-boosting function as HuoYing (66.03). The rationale is to "use pulse/vessel to treat pulse/vessel" as well as "use pulse/vessel to treat heart".</p>

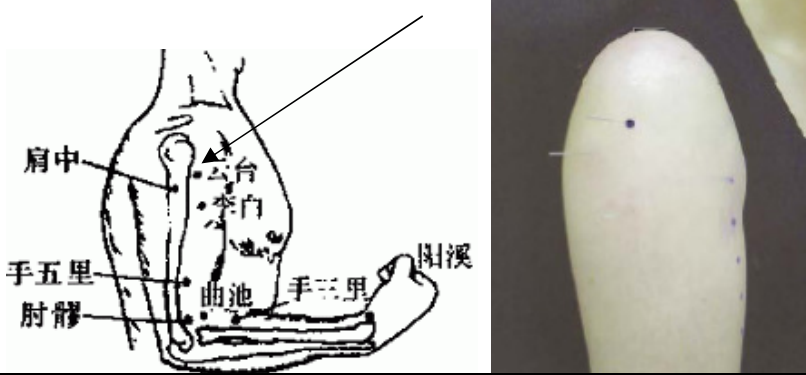
A Study on Tung's Acupuncture

44.10 TianZong (Heaven Ancestor) 天宗穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the depression between the lateral side of the humerus and the posterior aspect of the m. biceps brachii, 3 <i>Cun</i> superior to DiZong (44.09), and 9 <i>Cun</i> proximal to the cubital crease. 在后臂肱骨内缘与肱二头肌后部间之陷处，距地宗穴三寸，距肘窝横纹九寸。</p>
<p>Indications 主治 :</p>	<p>Vaginal itching or pain, leucorrhea with reddish discharge (quick response), calf pain, polio, body odor, and diabetes. 妇科阴道痒、阴道痛、赤白带下（具有速效）、小腿痛、小儿麻痹、狐臭、糖尿病。</p>
<p>Location of the point 取穴 :</p>	<p>With the palm placed on the chest, locate the point in the depression between the lateral side of the humerus and the posterior aspect of the m. biceps brachii, 3 <i>Cun</i> proximal to DiZong (44.09). 屈肘测量，以手拱胸，当后臂肱骨内缘与肱二头肌后部间之陷处，距地宗穴三寸处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep. 针深一寸至一寸五分</p>
<p>Remarks 说明 :</p>	<p>The needle must be punctured accurately. If it inclines to the posterior side, the humerus may be injured; and if it inclines to the anterior side, the m. biceps brachii may be injured. DiZong (44.09), TianZong (44.10) and RenZong (44.08) are all located in the same line. It is very important to needle these points accurately. DiZong (44.09) is located about 1 <i>Cun</i> inferior to BiNao (LI 14); and TianZong (44.10) is about 2 <i>Cun</i> superior to BiNao (LI 14). 下针时，偏外伤肱骨，偏里伤二头肌，取穴必须准确。地宗穴、天宗穴与人宗穴皆在一条线上，因此针刺时皆应特别准确。地宗穴约在肠经臂臑穴下一寸，天宗穴约在臂臑上二寸。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. These three points (TianZong, DiZong and RenZong) are located at the line from the elbow up to the shoulder, along the Lung channel. A simple and safe tip for needling these points is to push away the muscle on <i>YangMing</i> channel first, and then insert the needle alongside the bone. 2. Based on the holographic system, TianZong (44.10) is located near the lower end of the upper arm, which reflect to the lower-<i>Jiao</i>. In addition, it corresponds to the genital area through the theory of arm-trunk mirror-image. Thus, TianZong can be used for treating genital problems. 3. The location of this point is full of muscles, thus it can also be used to strengthen the Spleen. Also this mechanism, based on the connection between Spleen and muscles, is indicated for the above diseases.

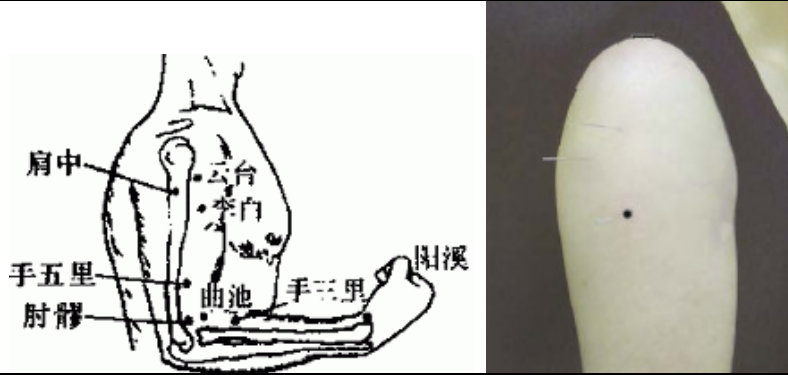
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44.11 YunBai (Cloud White) 云白穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1 <i>Cun</i> anterior and superior to JianZhong (44.06). 在肩尖前约二寸，背面穴向胸方向斜下开二寸。</p>
<p>Indications 主治 :</p>	<p>Vaginitis, vaginal pain, leucorrhea with reddish discharge, and polio. 妇科阴道炎、阴道痒、阴道痛、赤白带下、小儿麻痹。</p>
<p>Location of the point 取穴 :</p>	<p>Extend the arm toward the floor, and locate the point 1 <i>Cun</i> anterior and superior to the center of the deltoid muscle. 垂手取穴。当肩关节前方，骨缝去肩尖约二寸许处是穴，亦即背面穴向胸方向斜下开二寸。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。</p>
<p>Remarks 说明 :</p>	<p>From my experiences, this point's actual location should be 1 <i>Cun</i> anterior and 1 <i>Cun</i> superior to JianZhong (44.06). 依经验本穴位置应系在肩中前一寸再上一寸之位置。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is very effective for treating gynecological diseases. It can also be used to treat weakness and distended pain of the calf muscles [better combined with JianZhong (44.06)]. 本穴治妇科病有效，配肩中治小腿无力及胀痛。 2. YunBai (44.11) and TianZong (44.10) are both located in the same horizontal line. Based on the holographic theory, they both are at the lower end of the upper arm, and indicated for lower-<i>Jiao</i> diseases. They also correspond to the genital area through "hand-body counterclockwise correspondence". Thus they can both be applied for the genital area problems. 3. This point is located at an area which is full of muscles, based on the connection between Spleen and muscles, it can be used for strengthening the Spleen and tonifying <i>Qi</i>; therefore, it can treat the above diseases.

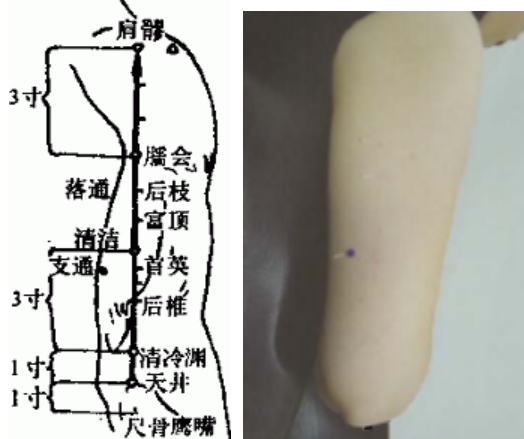
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44.12 *LiBai* (Plum White) 李白穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>2 <i>Cun</i> slightly anterior and inferior to <i>YunBai</i> (44.11). 在云白穴稍向外斜下二寸。</p>
<p>Indications 主治：</p>	<p>Body odor, foot and calf pain, and polio. 狐臭、脚痛、小腿痛、小儿麻痹。</p>
<p>Location of the point 取穴：</p>	<p>Locate the point on the lateral side of the arm, 2 <i>Cun</i> slightly inferior and anterior to <i>YunBai</i> (44.11). 在臂外侧，从云白穴稍向外斜下二寸处是穴。</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分。</p>
<p>Remarks 说明：</p>	<p>This point is located on 1.2 <i>Cun</i> anterior and then 1 <i>Cun</i> superior to <i>JianZhong</i> (44.06). 本穴位置应系在肩中穴前一寸二分，再下一寸处。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>These points [<i>LiBai</i> (44.12), <i>TianZong</i> (44.10), <i>YunBai</i> (44.11), <i>JianZhong</i> (44.06), <i>ShangQu</i> (44.16)] are all located at the shoulder area which is full of muscles, by the theory of "use muscles to treat muscles", these points can be used for treating muscular atrophy diseases (such as polio).</p>

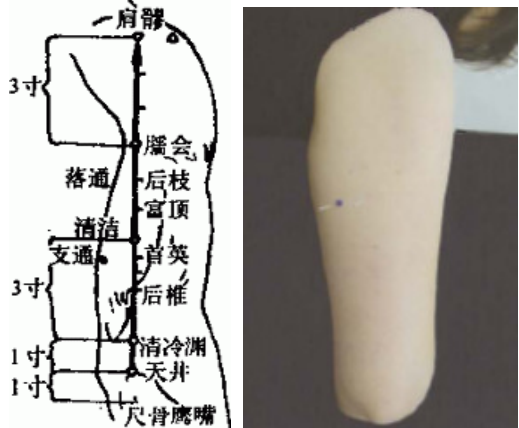
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44.13 ZhiTong (Branch Connect) 支通穴

Image 附图 :	
Location 部位 :	On the posterior aspect of the upper arm, 1 <i>Cun</i> posterior to ShouYing (44.03) . 在上臂后侧，首英穴向后横开一寸。
Indications 主治 :	Hypertension, arteriosclerosis, dizziness, fatigue, and aching pain of the lower back. 高血压、血管硬化、头晕、疲劳、腰酸。
Location of the point 取穴 :	Locate the point directly inferior to the shoulder joint, on the posterior arm, 4.5 <i>Cun</i> superior to the cubital crease, or 1 <i>Cun</i> posterior to ShouYing (44.03) 自肩后侧直下，去肘横纹四寸五分，即首英穴向后横开一寸。
Manipulation 手术 :	Insert the needle 0.6-1 <i>Cun</i> deep. 针深六分至一寸
Remarks 说明 :	Puncture closely against the posterior border of the humerus. 贴近肱骨后缘扎针
Mechanism, Elucidation and Application: 发挥	See LuoTong (44.14) .

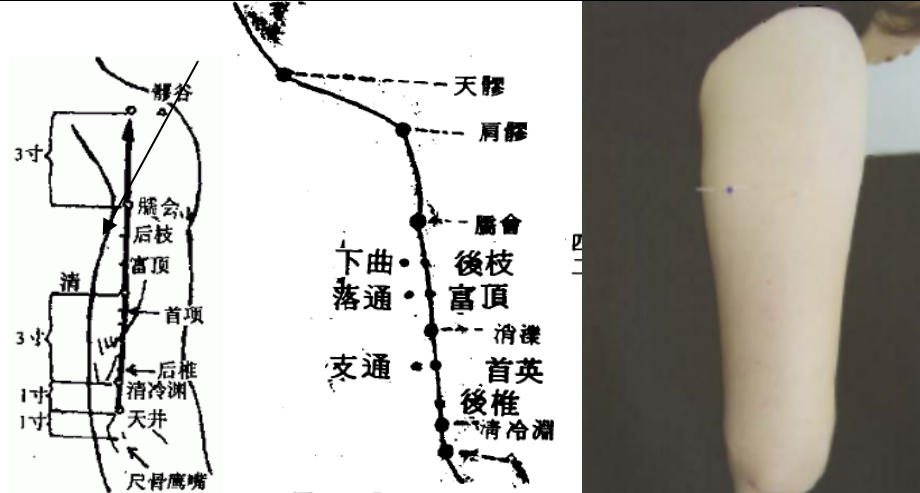
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44.14 LuoTong (Drop Connect) 落通穴

Image 附图：	 <p>The diagram illustrates the location of the LuoTong (Drop Connect) point on the posterior arm. It shows the point is located 1 cun posterior to FuDing (44.04). The diagram also shows other points on the arm, including 3 cun, 1 cun, and 1 cun. The photograph shows the point on a human arm, with a small blue dot marking the location.</p>
Location 部位：	On the posterior arm, 1 <i>Cun</i> posterior to FuDing (44.04) 在上臂后侧，即富顶穴向后横开一寸。
Indications 主治：	Hypertension, arteriosclerosis, dizziness, fatigue, weakness of limbs, and aching pain of the lower back. 血压高、血管硬化、头晕、疲劳、四肢无力、腰酸。
Location of the point 取穴：	Locate the point directly inferior to the posterior acromion, 7 <i>Cun</i> above the cubital crease, or 1 <i>Cun</i> posterior to FuDing (44.04) . 自肩端后侧直下，距肘横纹上七寸，即富顶穴向后横开一寸是穴。
Manipulation 手术：	Insert the needle 0.6-1 <i>Cun</i> deep. 针深六分至一寸。
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> Both ZhiTong (44.13) and LuoTong (44.14) can be used for treating hypertension due to their correspondences to Liver and Kidney. Also the indications are related to Liver and Kidney. These points are located at <i>TaiYang</i> channel and posterior of humerus. It is more effective for treating Kidney deficiency due to the relationship of hand-foot <i>TaiYang</i> channel, and correspondence to the Kidney (treat bone with bone).

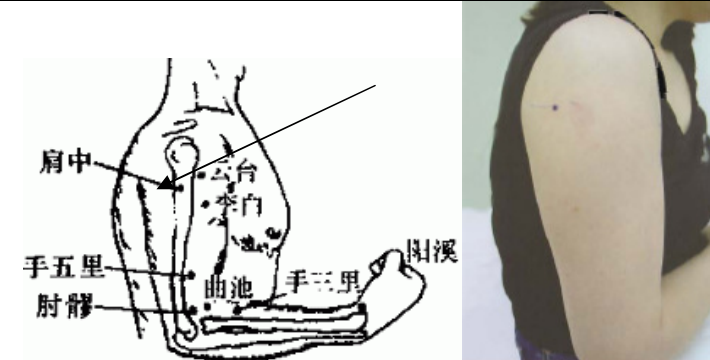
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44.15 XiaQu (Lower Curve) 下曲穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>On the posterior aspect of the upper arm, 1 <i>Cun</i> posterior to HouZhi (44.05). 在上臂后侧，即后枝穴后开一寸。</p>
<p>Indications 主治：</p>	<p>Hypertension, sciatica (due to functional disturbance in the Lung and Liver), hemiplegia, polio, disturbance in nerves, or dislocation of joints caused by disturbance in nerves. 血压高、坐骨神经痛（肺与肝两种机能不健全所引起者。） 半身不遂、小儿麻痹、神经失灵等症。</p>
<p>Location of the point 取穴：</p>	<p>Locate the point directly below the posterior aspect of the acromion, 1 <i>Cun</i> posterior to HouZhi (44.05). 在肩端后直下，即后枝穴向后横开一寸是穴。</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.6-1 <i>Cun</i> deep. 针深六分至一寸</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See ShangQu (44.16)</p>

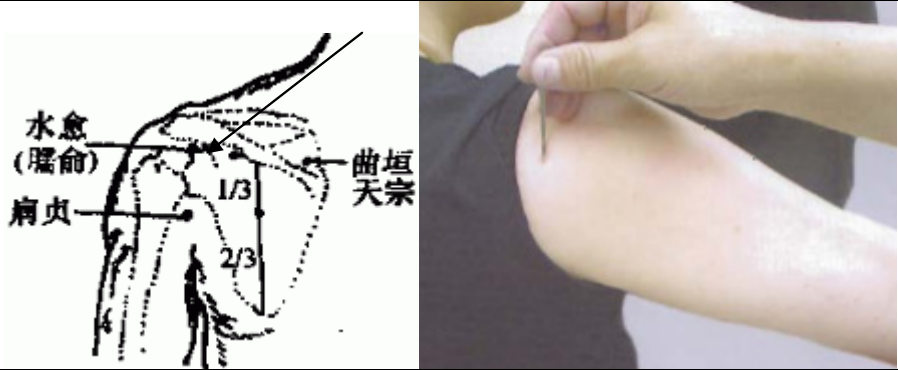
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44.16 *ShangQu* (Upper Curve) 上曲穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the posterior upper arm, 1 <i>Cun</i> posterior to JianZhong (44.06). 在上臂后侧，肩中穴后开一寸。</p>
<p>Indications 主治 :</p>	<p>Polio, sciatica, arm pain, hypertension, and distending pain of the calf. 小儿麻痹、坐骨神经痛、臂痛、血压高、小腿胀痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the posterior upper arm, 1 <i>Cun</i> posterior to the center of the shoulder. 在上臂后侧，即肩中央向后横开一寸是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.6-1.5 <i>Cun</i> deep. Select the point on the right arm when disease is on the left and vice versa. 针深六分至一寸五分。治左臂取右穴，治右臂用左穴。</p>
<p>Usage 运用:</p>	<p>Bloodletting is performed on the point with a three-edged needle to treat cirrhosis and hepatitis. 用三棱针点刺出血治肝硬化及肝炎。</p>
<p>Remarks 说明 :</p>	<p>For treating polio, weakness of lower extremities, it is good to use JianZhong (44.06) as the main point and combined with ShangQu (44.16), XiaQu (44.15), YunBai (44.11) and LiBai (44.12). 以肩中穴为主，配上曲、下曲、云白、李白治疗小儿麻痹、小腿无力疗效甚佳。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. ShangQu (44.16) and XiaQu (44.15) both can be used for treating diseases related to Liver and Kidney deficiency such as sciatica, hypertension and polio. It is better to use them both as the <i>DanMa</i> technique. 2. They are also located at muscular area thus also have functions of invigorating the Spleen and to sum up their indications, simply related to Spleen, Liver and Kidney.

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44.17 *ShuiYu* (Water Healed) 水愈穴


<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the posterior aspect of the upper arm, 2 <i>Cun</i> obliquely posterior and inferior to BeiMian (44.07). 在上臂之后侧，即背面穴后开稍斜下二寸。</p>
<p>Indications 主治 :</p>	<p>Nephritis, calculus of the kidney, lower back pain, aching pain of legs, general debility, proteinuria, and pain of the arm, wrist, and dorsum of the hand. 肾脏炎、肾结石、腰痛，腿酸、全身无力、蛋白尿、臂痛、手腕手背痛。</p>
<p>Location of the point 取穴 :</p>	<p>Directly inferior to the acromion, 2 <i>Cun</i> posterior to BeiMian (44.07). 自肩后直下，即背面穴向后横开（稍斜下）二寸是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分</p>
<p>Usage 运用:</p>	<ol style="list-style-type: none"> 1. Bleed ShuiYu (44.17) with a three-edged needle until yellow fluid appears to treat Kidney diseases. 2. Bleed ShuiYu (44.17) with a three-edged needle until dark blood appears to treat pain of the wrist and dorsum of hands. 3. Perform acupuncture on the affected ipsilateral side. <p>用三棱针扎出黄水者主治肾脏之特效针。用三棱针扎出黑血者主治手腕手背痛。用三棱针扎左边穴治左臂痛，扎右边穴治右臂痛（直接治疗）。</p>
<p>Remarks 说明 :</p>	<p>ShuiYu (44.17) is located same as NaoShu (SI 10). And it is most effective for the above conditions. 水愈穴位置与小肠经之臑俞相符，治疗上述各症确有卓效。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is named as <i>Shui</i> (Water) <i>Yu</i> (healed). In Master Tung's perspective, it functions with the Spleen. The point is located at the SI channel, based on the relationship of hand-foot <i>TaiYang</i> channel, and "Spleen connects with Small Intestine", thus it can be used for treating nephritis, kidney stone, lower back pain, and proteinuria. 2. In Tung's acupuncture system, the points located at <i>TaiYang</i> channel in the upper arm, such as ZhiTong (44.13), LuoTong (44.14), ShangQu (44.16), ShuiYu (44.17) can all be used for treating the disorders of the Kidney system.

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Chapter 5 - Points of the Plantar Side of the Foot (55.00)

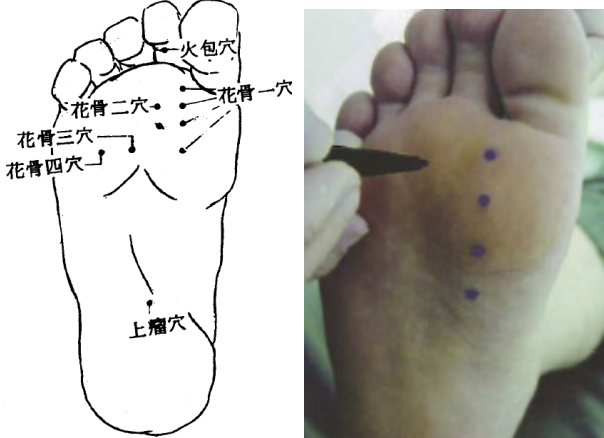
第五章◎五五部位（脚底部位）

55.01 *HuoBao* (Fire Bag) 火包穴

Image 附图：	
Location 部位：	In the center of the distal crease of the plantar side of the 2 nd toe. 在足第二趾底第二道横纹正中央
Indications 主治：	Liver diseases, difficult labor retention of placenta, and angina pectoris 肝病、难产、胎衣不下、真心痛
Location of the point 取穴：	Place the patient in supine position, and locate the point in the center of the distal crease of the 2 nd toe on the palmar side. 平卧，当足次趾底第二道横纹正中央是穴
Manipulation 手术：	Bleed the point with a three-edged needle and insert a needle to a depth of 0.3-0.5 <i>Cun</i> . Quick response is seen when dark red blood presents. 用三棱针扎出黑血立即见效，用毫针针深三至五分
Remarks 说明：	Needling or applying acupuncture to this point is contraindicated for pregnant women. HuoBao (55.01) is located same as the extra point DuYin . 禁灸，孕妇禁针
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point can be used for treating "true heart pain" (angina pectoris), especially with bloodletting applied. 2. Since this point has same location with DuYin (Extra), it is indicated for retention of placenta, hernia, and irregular menstruation. 3. This point is located on the pathway of ST channel, thus it is effective for treating angina pectoris through the extraordinary connection between the Stomach and Pericardium. 4. This point is named as <i>Huo</i> (Fire) <i>Bao</i> (Pericardium) which indicates for <i>JueYin</i> Pericardium diseases. Through the correspondence between <i>JueYin</i> channels (PC and Liver), it is also effective to treat Liver diseases. <p>火包穴与一般奇穴之“独阴”穴相符，独阴穴主治除胎衣不下外，尚有小肠疝气，女子干哕，经血不调等症，因此应用火包穴时，可合入独阴穴之主治考虑。</p>


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55.02 HuaGuYi (Flower Bone, One) 花骨一

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Between the 1st and 2nd metatarsal bones on the plantar surface. 在足底第一与第二跖骨之间。</p>
<p>Indications 主治 :</p>	<p>Trachoma, ophthalmia, eye lid inflammation, tears running on exposure to wind, photophobia, and aching pain of the nasal bone. 沙眼、眼角红、眼皮炎、眼迎风流泪、怕光、眉棱骨痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point between the 1st and 2nd metatarsal bones on the plantar surface. The first point is located 0.5 <i>Cun</i> posterior to the joint of the big toe and 2nd toe; the second point is 0.5 <i>Cun</i> from the first one; the third is 0.5 <i>Cun</i> from the second one; the fourth is 0.8 <i>Cun</i> from the third one. 当足底第一跖骨与第二跖骨之间，距趾间叉口五分一穴，又五分一穴，再五分一穴，再八分一穴，共四穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needles 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Remarks 说明 :</p>	<p>HuaGuYi (55.02) is composed of 4 points on the sole. The first point is opposite to XingJian (LR 2); the third is opposite to TaiChong (LR 3); and the second point is located between the two. The fourth point 0.8 <i>Cun</i> posterior to the third one. 花骨一穴系一穴组由四个单穴组成，位于足底，第一穴适与行间穴相对，第三穴适与太冲穴相对，第二穴则适在此二穴之中间，第四穴在第三穴后八分处。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This unit of points are located right at the opposite side of TaiChong (LR 3), XingJian (LR 2) and they are anterior-posterior correspondent; therefore, they all have similar indications. But this group of points is mainly used for treating diseases of eyes or eyebrows.</p>

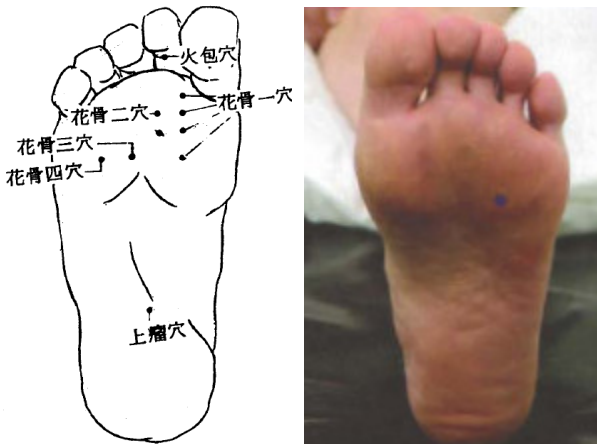
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55.03 HuaGuEr (Flower Bone, Two) 花骨二

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Between the 2nd and 3rd metatarsal bones on the plantar surface. 在足底第二与第三跖骨之间</p>
<p>Indications 主治 :</p>	<p>Weakness of fingers and arm pain. 手指无力、手臂痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point between the 2nd and 3rd metatarsal bones on the plantar surface. The first point is located 1 <i>Cun</i> posterior to the joint of the toes; the second point is 0.5 <i>Cun</i> posterior to the first one. 当足底第二与第三跖骨之间，距趾间叉口一寸一穴，又五分一穴，共二穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needles 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Remarks 说明 :</p>	<p>HuaGuEr (55.03) is composed of 2 points. The latter one is opposite to XianGu (ST 43) and the other one is opposite to the spot 0.5 <i>Cun</i> anterior to XianGu (ST 43). 花骨二穴由二穴组成，后穴与陷谷穴相对，前穴则在陷谷前五分（即陷谷穴与内庭穴之间）</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This group of points is effective for treating arms that cannot lift up. 2. This group of points is opposite to XianGu (ST 43) and thus can be used for Spleen problems.

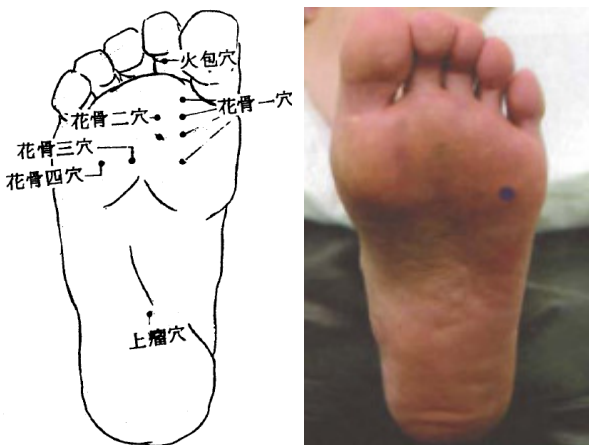
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55.04 HuaGuSan (Flower Bone, Three) 花骨三

<p>Image 附图 :</p>	 <p>The diagram on the left shows the plantar surface of a foot with several points labeled: 火包穴 (Fire Bag Point) near the toes, 花骨一穴 (Flower Bone One Point) near the base of the toes, 花骨二穴 (Flower Bone Two Point), 花骨三穴 (Flower Bone Three Point), 花骨四穴 (Flower Bone Four Point), and 上脘穴 (Upper Stomach Point) on the heel. The photograph on the right shows a real foot with a blue dot marking the location of HuaGuSan between the 3rd and 4th metatarsal bones.</p>
<p>Location 部位 :</p>	<p>Between the 3rd and 4th metatarsal bones on the plantar surface. 在足底第三与第四跖骨之间</p>
<p>Indications 主治 :</p>	<p>Lower back pain, sciatica, and vertebral pain. 腰痛、坐骨神经痛、脊椎骨痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point between the 3rd and 4th metatarsal bones on the plantar surface, 2 <i>Cun</i> posterior to the joint of the two toes. 当足底第三跖骨与第四跖骨之间，距趾间叉口二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needles 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is opposite to MuLiu (66.05). In four units of the "<i>HuaGu</i>", this point is located about the medial and inferior in the holographic correspondence, therefore, it is good for treating the above diseases. 2. In addition to treating the above condition, it is indicated for reddened eye. 本穴除治上述病症外，亦能治白眼发赤


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55.05 *HuaGuSi* (Flower Bone, Four) 花骨四

Image 附图 :	 <p>The diagram on the left shows the plantar surface of a foot with several points marked: 火包穴 (Fire Bag Point) near the toes, 花骨一穴 (Flower Bone One Point) and 花骨二穴 (Flower Bone Two Point) between the 4th and 5th metatarsals, 花骨三穴 (Flower Bone Three Point) and 花骨四穴 (Flower Bone Four Point) further back, and 上脘穴 (Upper Stomach Point) on the heel. The photograph on the right shows a real foot with a blue dot marking the location of HuaGuSi.</p>
Location 部位 :	Between the 4 th and 5 th metatarsal bones on the plantar surface. 在足底第四与第五跖骨之间
Indications 主治 :	Vertebral pain, sciatica, pain in the lower abdomen, gastric pain, and hemorrhage. 脊椎骨痛、坐骨神经痛, 小腹痛、胃痛、止血
Location of the point 取穴 :	Locate the point between the 4 th and 5 th metatarsal bones on the plantar surface, 1.5 <i>Cun</i> posterior to the joint of the toes. 在足底第四与第五跖骨之间, 距趾间叉口一寸半是穴
Manipulation 手术 :	Insert the needles 0.5-1 <i>Cun</i> deep. 针深五分至一寸
Remarks 说明 :	This point is opposite to DiWuHui (GB 42) 花骨四穴与胆经之地五会穴相对
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point can be used for treating extremities' numbness. 本穴亦可治手发麻及脚发麻 2. In holographic perspective, the HuaGuYi is good for head and face; whereas the HuaGuEr is good for upper extremities; the HuaGuSan is good for the spine and lower back; and the HuaGuSi is good for lower abdomen and sciatica area.

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55.06 ShangLiu (Upper Tumor) 上瘤穴

Image 附图：	 <p>The diagram on the left shows the plantar surface of a foot with labels: '火包(阴独)' (Fire Bag (Yin Du)) at the heel, '里内庭' (Li Nei Ting) in the center, and '上瘤' (Shang Liu) at the anterior edge. The photograph on the right shows the actual point on a person's foot, marked with a small blue dot.</p>
Location 部位：	In the center of the anterior edge of the heel. 在足底后前缘正中央
Indications 主治：	Brain tumor, encephaledema, pain of cerebellum, cranial nerve pain, and debility. 脑瘤、脑积水（大头瘟）、小脑痛、脑神经痛、体弱。
Location of the point 取穴：	Place the patient in supine position and locate the point in the center of the anterior edge of the hard skin of the heel. 平卧，当足底后跟硬皮之前缘正中央是穴。
Manipulation 手术：	Insert the needle 0.5 <i>Cun</i> deep in maximum. 针深五分以上
Remarks 说明：	Needling greater than that depth of 0.5 <i>Cun</i> is contraindicated because it may cause irritability. 针深过量（超过五分）会引起心中不安，忌之。
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point can be used for treating brain tumors and pain, stuffy nose and nasal bleeding. 上瘤治疗脑部肿瘤及疼痛确有卓效，另外治鼻塞、鼻衄亦有显效。 2. This point can also be used for concussion with good effect if used together with ZhengJin (77.01) (needling) and RangGu (KI 2) (bloodletting). 本穴配针正筋及然谷点刺出血，治疗脑震荡急症颇有效验。 3. A few reasons that this point is effective for treating brain problems: <ol style="list-style-type: none"> a. Kidney governs the brain and this point is located posterior to YongQuan (KI 1); b. The plantar area is correspondent to the brain; c. In the foot micro-acupuncture system, this point is located at the brain spot (holograph).

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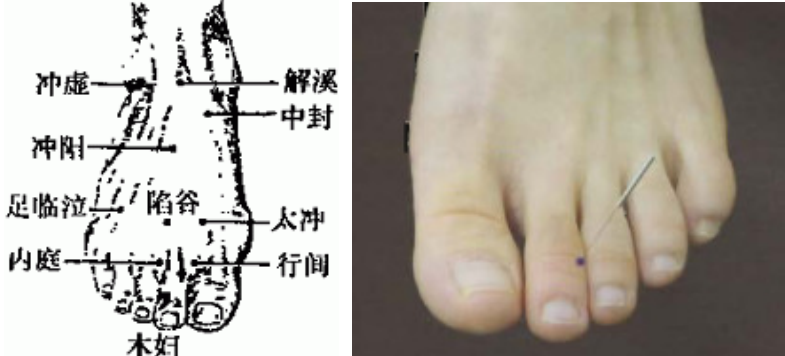
Chapter 6 - Points of the Medial and Dorsal Side of the Foot (66.00) 第六章◎六六部位（肢掌部位）

66.01 HaiBao (Sea Leopard) 火包穴

Image 附图：	
Location 部位：	In the center of the medial side of the big toe, anterior to DaDu (SP 2) . 在大趾之内侧，本节正中央。
Indications 主治：	Conjunctivitis, hernia, pain of the thumb and index finger and vaginitis. 眼角痛（角膜炎）、疝气、大指及食指痛、妇科炎症。
Location of the point 取穴：	Locate the point in the center of the medial side of the big toe (i.e. the left side of the right foot and the right side of the left foot), proximal to the toe nail root. 当大趾之内侧（即右足之左侧；左足之右侧），大趾本节正中央部（脚指甲后）是穴。
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Usage 运用:	Select the point on the left foot to relieve pain on the right hand and vice versa. 右手痛取左足穴；左手痛取右足穴。
Remarks 说明：	This point sits between the YinBai (SP 1) and DaDu (SP 2) , in the center of the junction of the red and white skin (phalangeal shaft). 海豹穴之位置在隐白之后，大都之前，大指本节中央之黑白肉际。
Mechanism, Elucidation and Application: 发挥	<p>It is effective for treating many diseases based on the holography:</p> <ol style="list-style-type: none"> 1. It is good for eye pain through the "foot-trunk reverse correspondence". 2. It is good for hernia, vaginal diseases, and pain in the tail bone through the "foot-trunk correspondence". 3. It is good for pain of the index finger through the "hand-foot correspondence".

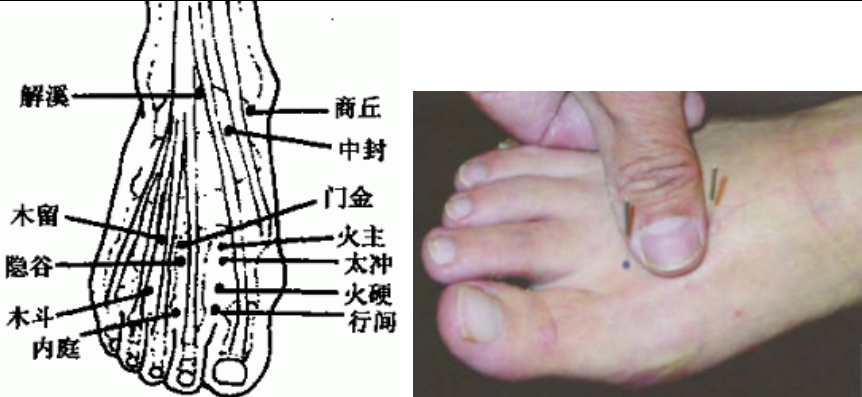
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66.02 MuFu (Wood Wife) 木妇穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>0.3 <i>Cun</i> lateral to the center of the middle segment of the 2nd toe on the dorsal side. 在足第二趾中节正中央外开三分</p>
<p>Indications 主治 :</p>	<p>Leukorrhea with reddish discharge, irregular menstruation, dysmenorrhea, metritis and tubal obstruction. 妇科赤白带下、月经不调、经痛、子宫炎、输卵管不通</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.3 <i>Cun</i> lateral to the center of the middle segment of the 2nd toe on the dorsal surface. 当第二趾第二节正中央向外开三分是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.2-0.4 <i>Cun</i> deep closely against the phalanx (to avoid pain). 针深二分至四分，贴趾骨下针。（用细毫针，粗针痛苦）</p>
<p>Remarks 说明 :</p>	<p>MuFu (66.02) effectively treats leukorrhea with reddish discharge. 本穴治妇科病赤白带极有效验</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point mainly is used for treating gynecological diseases. Since it is located in the Stomach channel pathway and is named with <i>Mu</i> (Wood) <i>Fu</i>, it is especially good for treating gynecological syndromes due to "Liver-Spleen disharmony" and "damp-heat" in the liver and gallbladder.</p>

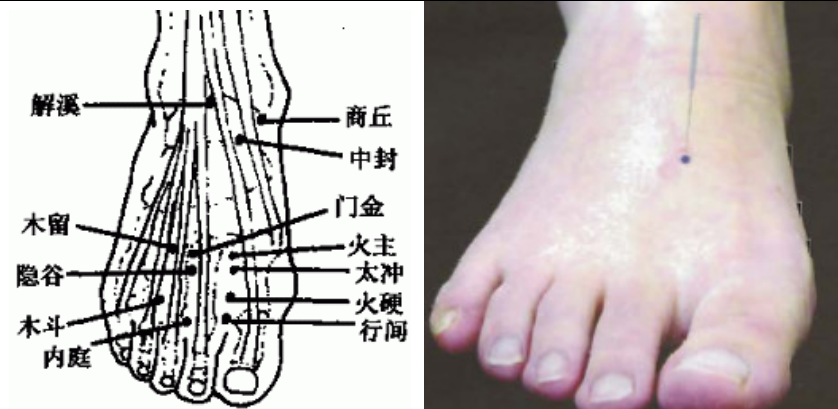
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66.03 *HuoYing* (Fire Hard) 火硬穴

<p>Image 附图 :</p>	 <p>The diagram on the left shows the foot with various points labeled: 解溪 (Jie Xi), 商丘 (Shang Qiu), 中封 (Zhong Feng), 门金 (Men Jin), 火主 (Huo Zhu), 太冲 (Tai Chong), 火硬 (Huo Ying), 行间 (Xing Jian), 木留 (Mu Liu), 隐谷 (Yin Gu), 木斗 (Mu Dou), and 内庭 (Nei Ting). The photograph on the right shows a hand pointing to the location of the HuoYing point on the foot.</p>
<p>Location 部位 :</p>	<p>Between the 1st and 2nd metatarsal bones, 0.5 <i>Cun</i> from the metatarsophalangeal joints, on the dorsal surface. 在第一跖骨与第二跖骨之间，距跖骨与趾骨关节五分</p>
<p>Indications 主治 :</p>	<p>Palpitations, dizziness, retention of placenta, enlargement of bones, chin pain, difficulty opening the mouth, coma, metritis, and tumors of uterus. 心悸、头晕、胎衣不下、骨骼胀大、下颏痛（张口不灵）、强心（昏迷状态时使用）、子宫炎、子宫瘤</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point between the 1st and 2nd metatarsal bones, 0.5 <i>Cun</i> posterior to the junction of the metatarsal and phalangeal bones. 当第一跖骨与第二跖骨之间，距跖骨与趾骨关节五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Usage 运用:</p>	<p>Acupuncture or moxibustion on this point is contraindicated for pregnant women. 孕妇禁针、禁灸</p>
<p>Remarks 说明 :</p>	<p>HuoYing (66.03) is 0.5 <i>Cun</i> posterior to XingJian (LR 2) 火硬穴位置在肝经之行间穴后五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is named as "<i>Huo</i> (Fire) <i>Ying</i> (Hardness)", which indicates the excellent function of treating cardiac diseases. The original indication text has stated "this point is applied for strengthening heart especially in coma situation". Clinically I have experienced with positive results and found it is even more effective than using RenZhong (DU 24). Thus this point can be a good substitute or back up choice if RenZhong (Du 24) is not working satisfactory enough for recovering from fainting. 2. Since the <i>TaiChong</i> vessel circulates right besides this point, there is a meaning of "using vessel to treat vessel". It can be used for emergency treatment of fainting/coma, same as using DiZong (44.09). 3. This point is located at the Liver channel which goes around the genital area, thus it is also good for treating gynecological problems such as metritis, tumors in uterus. 4. As Liver governs the tendon, this point is good for check joint pain; since the liver governs the wind, this point is good for dizziness.

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66.03 *HuoZhu* (Fire Master) 火主穴

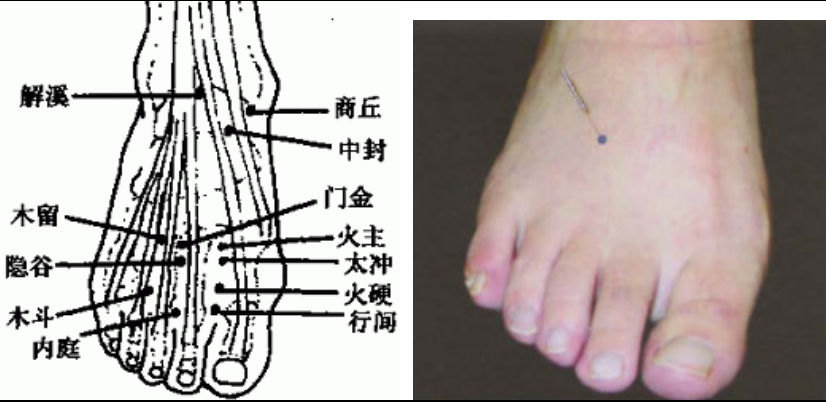
<p>Image 附图 :</p>	 <p>The diagram shows the foot with various acupoints labeled: 解溪 (Jie Xi), 商丘 (Shang Qiu), 中封 (Zhong Feng), 门金 (Men Jin), 火主 (Huo Zhu), 太冲 (Tai Chong), 火硬 (Huo Ying), 行间 (Xing Jian), 木留 (Mu Liu), 隐谷 (Yin Gu), 木斗 (Mu Dou), and 内庭 (Nei Ting). The photograph shows a needle inserted into the Fire Master point on the foot.</p>
<p>Location 部位 :</p>	<p>1 <i>Cun</i> posterior to HuoYing (66.03). 在火硬穴上一寸</p>
<p>Indications 主治 :</p>	<p>Difficult labor, enlargement of bones, headache due to heart problems, liver and stomach diseases, neurasthenia, myocardial infarction, pain of the hands and feet, metritis and tumors of uterus. 难产、骨骼胀大, 心脏病而引起之头痛、肝病、胃病、神经衰弱、心脏麻痹、手脚痛、子宫炎、子宫瘤。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the depression directly anterior to the junction of the 1st and 2nd metatarsal bones, 1 <i>Cun</i> posterior to HuoYing (66.03). 当第一跖骨与第二跖骨连接部之直前陷中取之, 即距火硬穴后一寸处取之。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1.5 <i>Cun</i> deep. 针深五分至寸半</p>
<p>Remarks 说明 :</p>	<p>Acupuncture or moxibustion on this point is contraindicated for pregnant women. 禁灸、孕妇禁针 This point is located at the depression right behind the TaiChong (LR 3). (In some acupuncture books, the location description of TaiChong (LR 3) is anterior of the depression which is same as this point). 火主穴位置在肝经之太冲穴后之骨陷中, (有些经穴学将太冲定在紧贴骨陷前, 则本穴与太冲相符, 参见拙著《针灸经穴学》521 页之取穴。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is named <i>Huo</i> (Fire) <i>Zhu</i> (Master) which is indicated that it is the master point of Heart/Pericardium. As the relationship between foot-<i>JueYin</i> (Liver) and hand-<i>JueYin</i> (Pericardium) channel, channel of same name relationship; and TaiChong (LR 3) goes around this point, it has great effect in treating cardiovascular diseases such as myocardial infarction. It has cardiotonic effect, so it can be used for headache due to heart diseases. 火硬、水主两穴以火命名, 皆能治心脏有关病变 2. This point is good for treating metritis and the tumor of uterus by the same mechanism of HuoYing (66.01). 3. This point is located posterior to TaiChong (LR 3) which is the Earth point of the Wood channel. As the Wood governs tendon and wind; the Earth governs muscle and Dampness; needling this point alongside the bone can activate the Kidney and indicate for Cold syndrome, thus this point has good effect in treating Wind-Dampness diseases, especially the knee pain (arthritis). 太冲穴古诀认为能治喉痛, 本穴效果更胜一筹 4. This point is also good for treating Stomach diseases, especially the pattern due to disharmony between Wood and Earth. 5. It is also good for headache or dizziness because it is located in the Liver Channel. 6. In ancient scripts, TaiChong (LR 3) was described as an effective point

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	<p>for treating sore throat (Liver channel runs through the throat), but actually this point, HouZhu (66.02) is even better as it is not only alongside the bone but also linked with Kidney. 太冲穴古诀认为能治口歪眼斜，本穴效果更佳 肝经环绕阴部，火硬、火主两穴夹太冲，（肝之俞原）故又能治阴部淋痛及妇科之病有显效。</p> <ol style="list-style-type: none"> 7. In addition this point is also a better choice than TaiChong (LR 3) when treating deviation of mouth and eye. 8. This point can be used for extremity pain when used together with LingGu (22.05). The effect is better than opening the "Four Gates": HeGu (LI 4) and TaiChong (LR 3). 本穴治手脚痛，配灵骨穴，作用较开四关（合谷、太冲）效果更好 9. This point is also effective for treating vaginal pain, hernia, stranguria (urinary tract infection) and other gynecological diseases because the connection with the Liver channel which circulates around the genital area. 10. This point is also good for treating poor mobility of the jaw joint (difficulty in opening the mouth).
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66.05 MenJin (Wood Gold) 门金穴

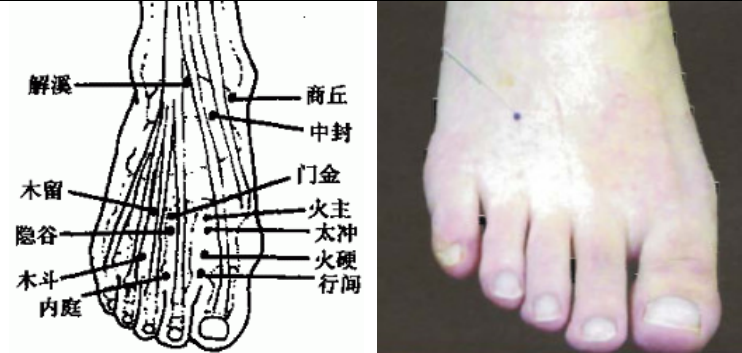
Image 附图 :	
Location 部位 :	In the depression anterior to the junction of the 2 nd and 3 rd metatarsal bones. 在第二趾骨与第三趾骨连接部之直前陷中
Indications 主治 :	Enteritis, gastritis, abdominal distension and appendicitis. 肠炎、胃炎、腹部发胀及腹痛、盲肠炎
Location of the point 取穴 :	Locate the point in the depression directly anterior to the junction of the 2 nd and 3 rd metatarsal bones, parallel to HuoZhu (66.04) . 当第二趾骨与第三趾骨连接部之直前陷凹中，与火主穴并列
Manipulation 手术 :	Insert the needle 1-1.5 <i>Cun</i> deep. 针深一寸至寸半
Usage 运用:	Using MenJin (66.05) on both feet is contraindicated. 禁双脚同时取穴
Remarks 说明 :	This point is located in the depression posterior to the XianGu (ST 43) . [According to the classic acupuncture book <i>ZhenJiuDaCheng</i> , XianGu (ST 43) is 2 <i>Cun</i> posterior to NeiTing (ST 44) . Some books described that XianGu (ST 43) should be located in the junction between the 2 nd and 3 rd metatarsal bones, which means MenJin (66.05) and XianGu (ST 43) are in the same location. 门金穴位置在胃经之陷谷穴后骨前陷中。(据《针灸大成》指出陷谷在内庭后二寸，并且有些书指陷谷在第二、三趾骨结合处，则本穴与陷谷相符，参看拙著《针灸穴学》236 页之取穴)
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is named as <i>Men Jin</i> (Metal), which indicates that this point is correspondent to the "Lung", "Large Intestine" and "<i>Qi</i>". 2. This point is located at the ST channel and thus is the "Wood" point of the ST (Earth) channel. 3. This point is an excellent choice for treating gastrointestinal disorders. It is especially good for non-specific diarrhea. It is good for acute gastrointestinal pain as it can soothe the Liver (Wood) and regulate the Stomach and Spleen (Earth). It is also good for chronic condition (usually performs as Kidney deficiency) as this point is located close to the bone (correspondent to Kidney) and can reinforce the Metal to produce Water. 本穴为治肠胃炎之特效要穴。不论何种腹泻，针之皆有特效 4. This point is good for migraine in the TaiYang (Extra) area. Since "<i>Shu</i>-stream point governs body heaviness and joint pain" and it is the Wood point of the Earth channel (the ST channel), it is indicated for pain in the origin channel. 本穴治太阳穴之偏头痛及鼻塞、经痛，亦极特效 5. This point is very good for treating nasal congestion and abdominal bloating [or abdominal pain is combined with LingGu (22.05)], because it is related to the Lung and Large Intestine (Metal) and Stomach channel.

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| | <ol style="list-style-type: none">6. This point is also good for dysmenorrhea as it soothes the Liver and regulates the Spleen (Wood and Earth). 本穴治腹胀效果亦极好（配灵骨尚可治腹痛）7. For all the above treatment, the effects can be even more satisfied if used together with <i>NeiTing (ST 44)</i> (<i>DaoMa</i> technique). It can also be applied to the treatment of prolapsed rectum. 本穴治上述各病，若与内庭穴倒马并用疗效更佳，与内庭倒马尚可治脱肛 |
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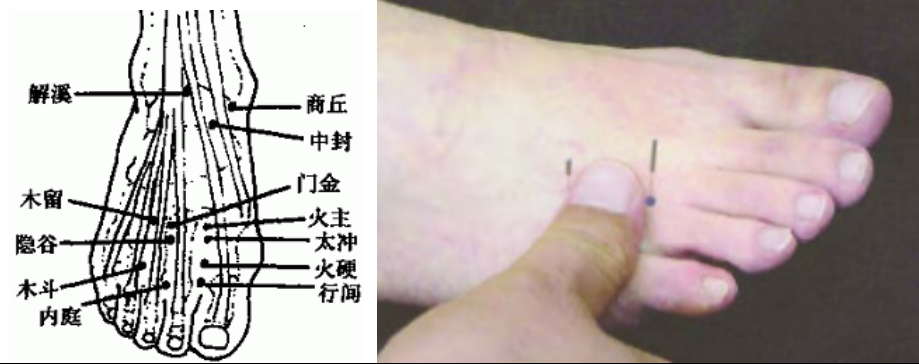
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66.06 *MuLiu* (Wood Stay) 木留穴

<p>Image 附图 :</p>	 <p>The diagram on the left shows the foot with various acupoints labeled in Chinese: 解溪 (Jie Xi), 商丘 (Shang Qiu), 中封 (Zhong Feng), 门金 (Men Jin), 火主 (Huo Zhu), 太冲 (Tai Chong), 火硬 (Huo Ying), 行间 (Xing Jian), 木斗 (Mu Dou), 内庭 (Nei Ting), 隐谷 (Yin Gu), and 木留 (Mu Liu). The photograph on the right shows a real foot with a needle inserted into the MuLiu point, which is located in the depression between the 3rd and 4th metatarsal bones.</p>
<p>Location 部位 :</p>	<p>In the depression anterior to the junction of the 3rd and 4th metatarsal bones, 1.5 <i>Cun</i> from the metatarsophalangeal joints. 在第三趾骨与第四趾骨连接部之直前陷中，趾骨与趾骨关节一寸五分。</p>
<p>Indications 主治 :</p>	<p>Leukemia, enlargement of the spleen, indigestion, liver diseases, fatigue, gallbladder disease and polio. 白血球症、脾肿大、消化不良、肝病、疲劳、胆病、小儿麻痹。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the depression anterior to the junction of the 3rd and 4th metatarsal bones, 1 <i>Cun</i> posterior to MuDou (66.07). 当第三趾骨与第四趾骨连接部之直前陷中，距木斗穴后一寸处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep. 针深三分至五分</p>
<p>Remarks 说明 :</p>	<p>MuLiu (66.06) is parallel to MenJin (66.05). MuDou (66.07) is inferior to MuLiu (66.06). Both points are located between the 3rd and 4th phalanges. 木斗与内庭平行，木留与陷谷平行，均位于足部第三趾与第四趾之间，</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. MuDou (66.07) and MuLiu (66.06) are usually combined in use as <i>DaoMa</i> technique. These two points are located between the 3rd and 4th phalanges, which is between <i>YangMing</i> and <i>ShaoYang</i> channel. They are indicated for combined syndrome of <i>ShaoYang</i> and <i>YangMing</i> or Liver and Spleen, it is especially more effective for disharmony of Liver and Spleen. 两穴常以倒马针并用，除治上述各症外，尚可治疗全身麻木，木留穴单独也可治疗中指、无名指疼痛及伸屈不灵。 2. The Liver governs the tendons and Blood; the Spleen governs the muscle and <i>Qi</i>, so also this point is used for diseases related to <i>Qi</i>, blood, tendons and muscles. 3. MuDou (66.07) and MuLiu (66.06) can be used for regulating the <i>Qi</i> and blood, in conditions such as numbness of the whole body. 4. Based on the correspondences and holography, they can also be used for the pain or stiffness of the joints of the middle and ring fingers, stiff neck and shoulder pain. 5. If used together with SanZhong (77.07), they can also be used for conditions such as trigeminal nerve pain or neuralgia related to <i>ShaoYang</i> and <i>YangMing</i> channel, as well as earache and stiff tongue with blurred speech.

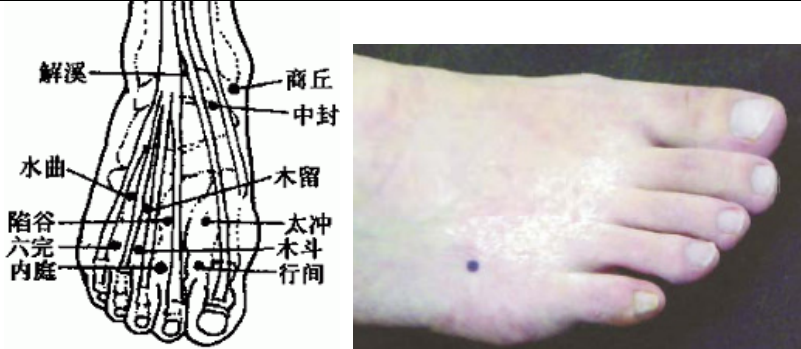
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66.07 MuDou (Wood Scoop) 木斗穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Between the 3rd and 4th metatarsal bones, 0.5 <i>Cun</i> proximal to the metatarsophalangeal joint. 在第三跖骨与第四跖骨之间，距跖骨与趾骨关节五分。</p>
<p>Indications 主治 :</p>	<p>Splenomegaly (lump), indigestion, liver disease, fatigue, gallbladder disease, and polio. 脾肿大（硬块）、消化不良、肝病、疲劳、胆病、小儿麻痹。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point between the 3rd and 4th metatarsal bones, 0.5 <i>Cun</i> anterior to the metatarsophalangeal joint. 当第三跖骨与第四跖骨之间，距跖骨与趾骨关节五分处是穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深三分至五分</p>
<p>Remarks 说明 :</p>	<p>MuDou (66.07) is 1 <i>Cun</i> distal to MuLiu (66.06) which is parallel to MenJin (66.05). These two points are located between the 3rd and 4th metatarsal bones.</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is located between the 3rd and 4th metatarsal bone, where the branch of Stomach channel travels. The <i>YangMing</i> channel is full of <i>Qi</i> and Blood, and this point has a strong impact for regulating the circulation of both <i>Qi</i> and blood. The Liver governs tendon and blood; the Spleen governs muscle and <i>Qi</i>, this point can also be used for diseases related to <i>Qi</i>, blood, tendon and muscles. 2. In the descriptions of some ancient texts, the tip of the middle toe is considered as the <i>Jing-Well</i> point of foot-<i>JueYin</i> channel (up to more verification). Based on this text, then the point MuDou (66.07) can be considered as the <i>Ying-spring</i> point and MuLiu (66.06) as the <i>Shu-stream</i> point. 3. This point can also be applied for treating diseases related to both Liver and Spleen, such as splenomegaly (enlarged spleen), indigestion, hepatitis, fatigue, gallbladder disorders. Also it is indicated for chronic hepatitis and hepatocirrhosis.

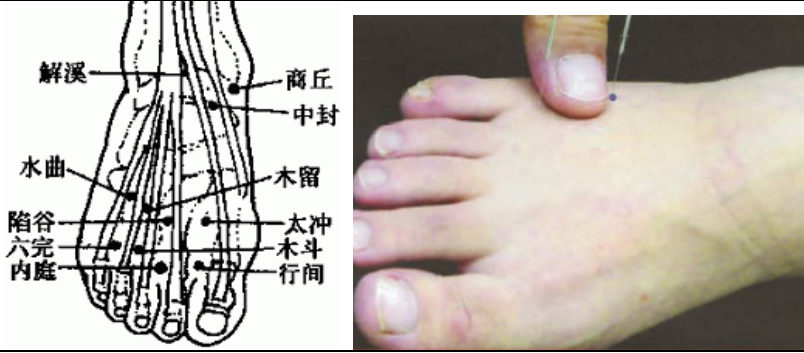
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66.08 LiuWan (Sixth Finish) 六完穴

Image 附图 :	
Location 部位 :	Between the 4 th and 5 th metatarsal bones, 0.5 <i>Cun</i> proximal to the metatarsophalangeal joint. 在第四跖骨与第五跖骨之间，距跖骨与趾骨关节五分
Indications 主治 :	Hemostasis (including bleeding due to traumatic injury, incised wound or injection) and migraine. 止血（包括跌伤、刀伤出血或是打针血流不止）、偏头痛。
Location of the point 取穴 :	Locate the point between the 4 th and 5 th metatarsal bones, 0.5 <i>Cun</i> proximal to the metatarsophalangeal joint. 当第四跖骨与第五跖骨之间，距跖骨与趾骨关节五分处是穴
Manipulation 手术 :	Insert the needle 0.5 <i>Cun</i> deep. 针深五分
Usage 运用:	This point is contraindicated in patients with asthma, lung disease, expectoration of profuse sputum, or weak physique. 哮喘、肺病、痰多、体弱均禁用此穴
Remarks 说明 :	This point, LiuWan (66.08) is located 0.5 <i>Cun</i> posterior to XiaXi (GB 43) . By some accounts they are located in the same spot. 六完穴位置在胆经之侠溪穴后五分，一说与侠溪相符。
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is the Water point of the Wood Channel, thus it reinforces the Water and moistens the Wood (tonifies Liver and Kidney). 2. This point is effective for treating lingering hemorrhage (stop chronic bleeding). Since the point is also astringes, it would not to be used for asthma, lung disease and excess Phlegm. Because when it arrest the Blood, it relieves the Phlegm, then, it may result in a bad condition of disease. 3. The point is good for treating dizziness, migraine (<i>ShaoYang</i> channel) and tinnitus. 本穴治眩晕，偏头痛，（少阳经走向）耳鸣亦有卓效。

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66.09 *ShuiQu* (Water Curve) 水曲穴



<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>1 <i>Cun</i> proximal to LiuWan (66.08) 在六完穴后一寸处</p>
<p>Indications 主治：</p>	<p>Lower back pain, edema of limbs, abdominal distension, neuralgia of the neck, and uterine disorders. 腰痛、四肢浮肿、腹胀、颈项神经痛、妇科子宫疾病</p>
<p>Location of the point 取穴：</p>	<p>Locate the point between the 4th and 5th metatarsal bones, 1 <i>Cun</i> proximal to LiuWan (66.08). 当第四跖骨与第五跖骨之间，距六完穴一寸处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Remarks 说明：</p>	<p>ShuiQu (66.09) is located in the depression between the 4th and 5th phalanges, which is the same location of LingQi (GB 41). [According to <i>ZhenJiuDaCheng</i>, LingQi (GB 41) is 1.5 <i>Cun</i> proximal to XiaXi (GB 43).] Based on my observation of Master Tung's practice, while locating the points on the feet, we should locate those points close to or between phalanges. And then use the points alongside the bone of HuoZhu (66.04), MenJin (66.05), MuLiu (66.06) and ShuiQu (66.09) as reference for other points. 水曲穴位置与胆经之临泣穴相符。水曲穴在第四、五趾骨间陷中， 应是临泣穴。（参见拙著《针灸经穴学》 509 页取穴，根据《针灸大成》言临泣去侠溪寸半， 则六完穴应在侠溪后五分。从个人随董师学习经验， 董师取穴均先以近掌或足之骨缝为标准， 则六六部位几个穴位定位， 应以火主、门金、木留、水曲为主</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is effective for treating tinnitus or eye itchiness. 本穴治耳鸣眼痒疗效甚好 2. This point is good for pain or weakness of wrist. 本穴治手腕疼痛或无力亦颇有效 3. This point is also used for general bone pain, nerve pain (neuralgia), and bone pain of the hand. 本穴亦能治全身骨痛、神经痛、手骨痛 4. This point can also be used for shoulder pain, tightness of calf muscles and tendons or muscular atrophy and numbness. 本穴尚能治肩痛、腿筋紧及肌肉萎缩，肌肉麻木。 治少阳经走向之坐骨神经痛尤有特效 5. This point is named as <i>Shui</i> (Water) <i>Qu</i> (curve), which means that it is connected to the Kidney and is good for regulating Water. Thus, it is used for edema in the extremities, lower back pain, abdominal bloating and uterine disease. Since Kidney governs bone; this point can be used for bone pain if needled alongside the bone. 6. This point is located same as LingQi (GB 41), which is the Wood point of the Wood channel, has good effect of eliminating Wind. So it is good for treating nerve pain or tightness of tendon and muscle. 7. To sum up, this point can reinforce Liver and Kidney, and is <i>Shu</i>-stream point. Thus it is effective for treating "heavy sensation of the body and

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	<p>pain in the joint". It is indicated for many diseases.</p> <p>8. <i>Neijing</i> "<i>ShaoYang</i> rules the bones". Since this point is <i>Shu</i>-stream point, and needling alongside the bone. That is the reason for this point can be used for bone disease.</p>
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66.10 *HuoLian* (Fire Included) 火连穴

Image 附图 :	 
Location 部位 :	On the medial side of the 1 st metatarsal bone, 1.5 <i>Cun</i> posterior to the metatarsophalangeal joint. 在第一跖骨内侧，距趾骨与跖骨关节后一寸五分。
Indications 主治 :	Dizziness and blurred vision due to hypertension, palpitations and hypofunction of the heart. 血压高而引起之头晕眼昏、心跳、心脏衰弱。
Location of the point 取穴 :	Locate the point on the medial side of the 1 st metatarsal bone, 1.5 <i>Cun</i> proximal to the metatarsophalangeal joint. 当第一跖骨内侧，距趾骨与跖骨关节一寸五分
Manipulation 手术 :	Insert the needle 0.5-0.8 <i>Cun</i> deep. 针深五分至八分
Remarks 说明 :	<i>HuoLian</i> (66.10) is located same as <i>TaiBai</i> (SP 3) , but a more satisfied effect can be obtained if the needling is alongside the bone. 单脚取穴，孕妇禁针。火连穴位置与脾经之太白穴位置相符
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is good for treating frontal headache and pain in the supraorbital bone. 本穴治前头痛、眉棱骨痛疗效甚佳 2. This point is named as <i>Huo</i> (Fire) <i>Lian</i>, which indicates this point is related with the heart and has similar function as the herb <i>HuangLian</i> (Coptis) which can clear Fire. 3. This point functions on the Heart and Kidney, thus it can be used for restoring normal coordination between the Heart and Kidney.


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66.11 *HuoJu* (Fire Chrysanthemum) 火菊穴

Image 附图 :	 <p>The diagram on the left shows the medial side of the foot with several points labeled: 隐白 (Yin Bai), 大都 (Da Du), 火连 (太白) (Huo Lian), 火菊 (火连 (公孙) (然谷)) (Huo Ju), and 火散 (Huo San). The photograph on the right shows a real foot with a needle inserted at the location of HuoJu, which is marked with a blue dot.</p>
Location 部位 :	Horizontally 1 <i>Cun</i> distal to HuoLian (66.10) . 在火连穴后一寸
Indications 主治 :	Numbness of the hand, palpitations, dizziness, foot pain, hypertension, distended feeling in the head, blurred vision, soreness of eyelid and stiff neck. 手发麻、心跳、头晕、脚痛、高血压、头脑胀、眼晕、眼皮发酸、颈项扭转不灵
Location of the point 取穴 :	Locate the point on the medial side of the 1 st metatarsal bone, 1 <i>Cun</i> distal to HuoLian (66.10) 当第一跖骨内侧，在火连穴后一寸处是穴
Manipulation 手术 :	Insert the needle 0.5-1 <i>Cun</i> deep in the treatment of head problems. 针深五分至一寸（针治头部病可针更深，效果尤佳。）
Remarks 说明 :	HuoJu (66.11) is parallel to GongSun (SP 4) and close to the bone. It has more satisfactory effect if the needling is alongside the bone. Good effect for treating headache can be achieved with deep needling. 火菊穴位置与脾经之公孙穴位置相符，治疗上述各症确有特效。
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. HuoJu (66.11) is indicated for the above conditions. It is frequently used point by Master Tung (most effective for frontal headaches and pain in supraorbital bone). 为董师临床常用要穴。（治前头痛、眉棱骨痛尤为常用。） 2. This point is named as <i>Huo</i> (Fire) <i>Ju</i> (Chrysanthemum)" which indicates that this point is related to the Heart, it clears heat in the head and improves the vision similar to <i>JuHua</i> (Chrysanthemum). 3. This point can restore normal coordination between Heart and Kidney, thus it can be used for syndromes due to the disharmony between Water and Fire and preponderance of Fire.


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66.12 *HuoSan* (Fire Scatter) 火散穴

Image 附图：	
Location 部位：	1 <i>Cun</i> proximal to HuoJu (66.11). 在火菊穴后一寸
Indications 主治：	Headache, distending feeling in the head, canthus pain, deficiency in the kidney, dizziness, blurred vision, aching pain of the lower back, and back pain. 头痛、脑胀、眼角痛、肾亏、头晕、眼花、腰酸、背痛
Location of the point 取穴：	Locate the point on the medial side of the 1 st metatarsal bone, 1 <i>Cun</i> proximal to HuoJu (66.11) 当第一跖骨内侧，距火菊穴后一寸处是穴
Manipulation 手术：	Insert the needle 0.5-0.8 <i>Cun</i> deep. 针深五分至八分
Usage 运用：	HuoLian (66.10), HuoJu (66.11) and HuoSan (66.12) can be needled simultaneously in the treatment of the above conditions, tumors of the brain and meningitis. But it is contraindicated to needle the point on both feet at the same time. (Note: It is quoted from Master Tung's original writing only for reference.) 火连、火菊、火散三穴可同时下针，主治以上各症及脑瘤、脑膜炎。但注意单脚取穴，双脚不可同时下针。（按：此为董师原著，仅作参考）
Remarks 说明：	Needling this point bilaterally or in pregnant women is contraindicated. 单脚取穴，孕妇禁针 HuoSan (66.12) is located same as RanGu (KI 2) and needling is close to the bone. No side-effect has been seen when the above three points are needled on both feet simultaneously. But clinically, it is appropriate to select fewer points in one treatment.
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is named as "<i>Huo</i> (Fire) <i>San</i> (Disperse)", which means this point is related with the Heart, and it can disperse the excessive Fire; thus it can reinforce Water. 2. This point can assist Heart and Kidney communication which is good for treating disharmony of the Heart and Kidney. 火散穴位置与肾经之然谷穴位置相符 3. The above three points, HuoLian (66.10), HuoJu (66.11) and HuoSan (66.12) all clear Fire. HuoSan (66.12) is located close to RanGu (KI 2) where the Kidney channel travels, thus it can also be used for treating lower back problems as well as Kidney deficiency. 上述三穴双脚皆取并无不佳作用，但临床用针务必精简为宜

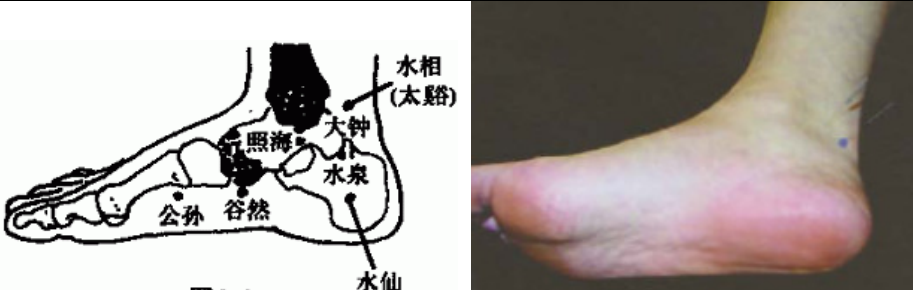
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66.13 *ShuiJing* (Water Crystal) 水晶穴

Image 附图 :	
Location 部位 :	2 <i>Cun</i> inferior to the apex of the medial malleolus. 在内踝尖之直下二寸
Indications 主治 :	Metritis, distending feeling in the uterus, tumor of uterus, and distending feeling and stuffiness of the abdomen. 子宫炎、子宫胀、子宫瘤、小腹气肿胀闷
Location of the point 取穴 :	Locate the point 2 <i>Cun</i> inferior to the apex of the medial malleolus. 当内踝尖之直下二寸处是穴
Manipulation 手术 :	Insert the needle 0.5-1 <i>Cun</i> deep. 贴骨针五分至一寸
Remarks 说明 :	<i>ShuiJing</i> (66.13) is located 2 <i>Cun</i> inferior to the apex of the medial malleolus. The needling gets close to the bone. It effectively treats some gynecological diseases such as uterine problems and abdominal distension. 本穴在内踝尖直下二寸，贴骨针，治妇科子宫病及妇科小腹胀疗效甚好
Mechanism, Elucidation and Application: 发挥	This point is named as <i>Shui</i> (Water) <i>Jing</i> (Crystal), which means crystal of water, that is uterus. And it is located at KI channel, so it is very good for treating uterine diseases. The treatment effect can be even better if needling is alongside the bone as correspondence of bone and kidney.

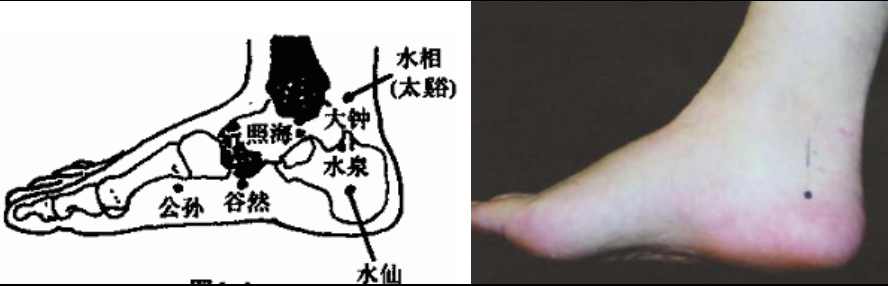
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66.14 *ShuiXiang* (Water Shape) 水相穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Posterior to the medial malleolus, in the depression of the anterior border of the Achilles' tendon. 在内踝骨直后, 跟筋前缘陷处</p>
<p>Indications 主治 :</p>	<p>Nephritis, edema of the limbs, lower back pain due to deficiency in the Kidney, vertebral pain, puerperal febrile disease and cataract. 肾脏炎、四肢浮肿、肾亏而引起之腰痛、脊椎骨痛、妇科产后风、白内障</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the depression on the anterior border of the Achilles' tendon, 2 <i>Cun</i> directly posterior to the medial malleolus. 在跟筋前缘陷处, 当内踝骨尖之直后二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep or pierce the anterior border of the Achilles' tendon. 针深三分至五分 (或针沿跟筋前缘扎透过去)</p>
<p>Remarks 说明 :</p>	<p><i>ShuiXiang</i> (66.14) is located same as <i>TaiXi</i> (KI 3) and indicated for diseases related to Kidney channel. A better effect can be obtained if the needling is punctured slightly posterior against the Achilles' tendon. 水相穴位置与肾经之太溪穴位置相符, 治疗病症亦以肾经为主。若针刺时位置稍后, 贴筋针刺, 效果更佳</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is named as <i>Shui</i> (Water) <i>Xiang</i> (Minister), which means this point is administering the Water. As it is parallel to <i>TaiXi</i> (KI 3) point, it is frequently used for problems of the Kidney and brain. Since <i>TaiXi</i> (KI 3) is the <i>Shu</i>-stream point and <i>Yuan</i>-source point of KI channel; and the Kidney governs the brain. Also this point is even closer to the Achilles' tendon than <i>TaiXi</i> (KI 3), and the tendon corresponds to Liver. Thus, this point can be used for treating both Liver and Kidney. 2. <i>TaiXi</i> (KI3) is the Earth (<i>Shu</i>-stream) point of Water (KI) channel, which has property of Earth and Water; it can be used for treating the deficiencies of Kidney (water) and Spleen (earth). This point is indicated in nephritis, edema, proteinuria and even uremia, since they are due to the deficiencies of the Kidney and the Spleen.

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66.15 *ShuiXian* (Fire Immortal) 水仙穴

Image 附图：	 <p>The diagram shows the lateral view of a human foot with several acupoints labeled: 水相 (太谿) at the medial malleolus, 大钟, 照海, 公孙, 谷然, 水泉, and 水仙 (ShuiXian) located 2 cun inferior to 水相. The photograph shows the same point on a real foot, marked with a small dot.</p>
Location 部位：	2 <i>Cun</i> directly posterior to the medial malleolus, in the depression of the anterior border of Achilles' tendon. 在内踝骨直后之下二寸，跟筋前缘陷处。
Indications 主治：	Same as <i>ShuiXiang</i> (66.14) [Nephritis, edema of the limbs, lower back pain due to deficiency in the Kidney, vertebral pain, puerperal febrile disease and cataract], lower back pain due to deficiency in the kidney. 同水相穴及肾亏之背痛
Location of the point 取穴：	Locate the point 2 <i>Cun</i> inferior to <i>ShuiXiang</i> (66.14). 在水相穴直下二寸处取之
Manipulation 手术：	Insert the needle 0.5 <i>Cun</i> deep. 针深五分
Remarks 说明：	<i>ShuiXian</i> (66.15) is located 2 <i>Cun</i> inferior to <i>ShuiXiang</i> (66.14). It is usually used together with <i>ShuiXiang</i> (66.14) as <i>DaoMa</i> technique for treating diseases related to Kidney deficiency. 水仙穴位于水相穴下二寸处。常与水相倒马并用，治疗肾亏各病
Mechanism, Elucidation and Application: 发挥	The indication for this point is the same as <i>ShuiXiang</i> (66.14), thus these two points are usually used together with the <i>DaoMa</i> technique. See the details of the mechanism of <i>ShuiXiang</i> (66.14).

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Chapter 7 - Points of the Leg (77.00) 第七章◎七七部位（小腿部位）

The leg and thigh areas (77.00 and 88.00) are the most important parts of Tung's extra points. Clinically, they serve to regulate the general function of the body and treat the syndromes of the *ZangFu* organs with marked effect. Except for *Jie* (88.28), the point *DaoMa* (Coupling) technique is adopted for points in this area. In addition to treating the *ZangFu* organ problems, they effectively treat related dermatosis. For example, ***SiMaZhong* (88.17), *SiMaShang* (88.18) and *SiMaXia* (88.19)** are the chief points selected to treat problems of the Lung Channel; and they are also effective to dermatosis because the Lung dominates the skin. The other points follow a similar rule. For instance, ***MingHuang* (88.12), *TianHuang* (88.13) and *QiHuang* (88.14)** are indicated for Liver diseases; ***TianHuangFu* (77.18), *DiHuang* (77.19), *RenHuang* (77.21), *TongBei* (88.11), *TongShen* (88.09)** treat Kidney diseases; and ***TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03)** treat Heart diseases.

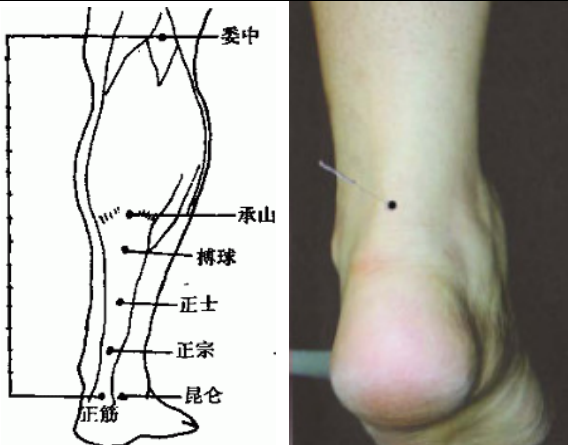
Some of the points on the legs and thighs correspond to points located on the 14-channels. Their different actions and names are expounded in the last part of each point.

七七、八八部位为董氏奇穴之精华部位，“七七部位”即小腿部位，“八八部位”则指大腿而言。临床常用于全身机能之调整及脏腑证候群之整体治疗，效果迅速而显著，除解穴外，概为倒马并用，各组穴道除治疗脏腑病变外，对其有关外表病变亦有疗效，例如驷马穴为治疗肺经病变之要穴，透过肺主皮肤之关系，亦为治皮肤病之特效穴，其它各组有关穴道：如上三黄之治肝病，下三皇、通肾、通胃、通背之治肾脏病，通关、通山、通天之治心脏病等，均依此类推。

其间亦有穴位位置与十四经穴位相符，因用处不同而命名不同者，概于穴位后注明，其它说明要点已于本书绪论中说明，在此从略。

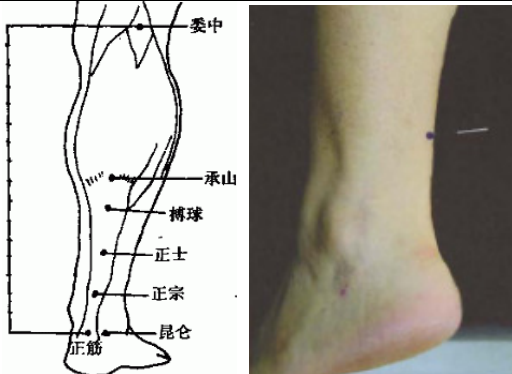
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77.01 ZhengJin (Straight Tendon) 正筋穴

Image 附图：	
Location 部位：	In the center of the tendon of the calcaneus, 3.5 <i>Cun</i> superior to the heel. 在足后跟筋中央上，距足底三寸五分
Indications 主治：	Vertebral pain due to sprain, lumbar vertebral pain, neck pain, and rigidity and cranial enlargement and hydrocephalus. 脊椎骨闪痛，腰脊椎痛、颈项筋痛及扭转不灵、脑骨胀大、脑积水
Location of the point 取穴：	Locate the point in the center of the tendon of calcaneus, 3.5 <i>Cun</i> superior to the heel. 当足后跟筋之正中央上，距足底三寸五分是穴
Manipulation 手术：	Insert the needle 0.5-0.8 <i>Cun</i> deep. (The point is more effective when the needle pierces through the tendon.) Acupuncture is given in a sitting position for strong patients and in a supine position for debilitated patients. A thicker gauge needle is preferred. 针深五分至八分（针透过筋效力尤佳），体壮可坐姿扎，体弱者应侧卧扎
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. ZhengJin (77.01) is located at the great tendon (or Achilles' tendon) between KunLun (BL 60) and TaiXi (KI 3). Since it is located at the mirror (<i>QuanXi</i>) image point of the neck area, it has good results in treating neck problems. 2. ZhengJin (77.01) should be needled in the Achilles' tendon. By utilizing the principle of "use tendon to treat tendon" this point is effective in treating tendon problems. 3. ZhengJin (77.01) functions as the Kidney channel; it is the crossing point of KI and BL channels and it has the same function as the KI channel, and it can tonify the Kidney channel. It also travels to the occipital area, so it treats disorders of the head. 4. By utilizing the treat principle of "use tendon to treat tendon"; ZhengJin (77.01) treats spasm of the tendons; it also treats spasms of the stomach and leg cramps.

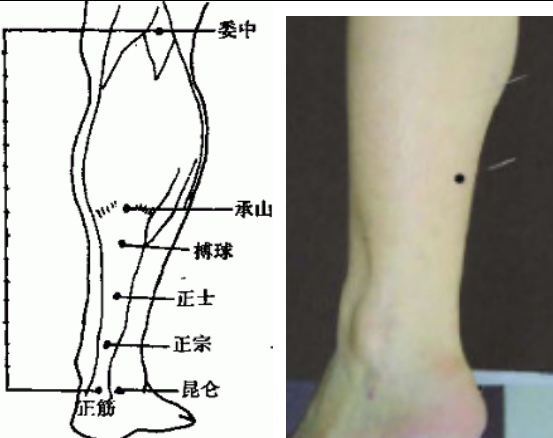
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77.02 ZhengZong (Straight Ancestor) 正宗穴

<p>Image 附图 :</p>	 <p>The diagram shows the location of ZhengJin (77.01) at the center of the tendon of the calcaneus, between KunLun (BL 60) and TaiXi (KI 3). ZhengZong (77.02) is located 2 Cun superior to ZhengJin. The photograph shows the actual point on a person's heel.</p>
<p>Location 部位 :</p>	<p>2 <i>Cun</i> superior to ZhengJin (77.01) 在正筋穴上二寸处</p>
<p>Indications 主治 :</p>	<p>Vertebral pain due to sprain, lumbar vertebral pain, neck pain, and rigidity and cranial enlargement and hydrocephalus. 脊椎骨闪痛, 腰脊椎痛、颈项筋痛及扭转不灵、脑骨胀大、脑积水</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the center of the tendon of calcaneus, 2 <i>Cun</i> superior to ZhengJin (77.01) 当足后跟筋之正中央上距正筋穴上二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 2 <i>Cun</i> deep. (The point is more effective when the needle pierces through the tendon.) Acupuncture is given in a sitting position for strong patients and in a lateral recumbent position for debilitated patients. 针深五分至八分 (针透过筋效力尤佳), 体壮可坐姿扎, 体弱者应侧卧扎</p>
<p>Usage 运用:</p>	<p>ZhengJin (77.01) and ZhengZong (77.02) are combined in treatment. 正筋、正宗两穴相配用针</p>
<p>Remarks 说明 :</p>	<p>ZhengJin (77.01) is located at the great tendon (or Achilles' tendon) between KunLun (BL 60) and TaiXi (KI 3); and ZhengZong (77.02) is 2 <i>Cun</i> superior to ZhengJin (77.01). 正筋位于昆仑与太溪穴间之大筋上, 正宗位于正筋上二寸</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. ZhengZong (77.02) is 2 <i>Cun</i> superior to ZhengJin (77.01). Since the BL channel runs through the neck, and by utilizing the treatment principle of "use tendon to treat tendon", needling these two points simultaneously effectively treats stiff neck or neck pain. (I have noticed that those whose Achilles' tendon is cut, their head immediately goes to one side.) 就经络言, 膀胱经行经颈项, 又就“以筋治筋” (尝见正筋穴位之大筋割断者, 头颈立刻歪垂) 而言, 可见其间颇有关连, 因此以此二穴倒马治疗颈项强硬或疼痛, 效果极佳。 2. For more severe low back strain, in addition to bleeding WeiZhong (BL 40), quick response is seen when ZhengJin (77.01) and ZhengZong (77.02) are needled together. For mild cases, low back pain is often relieved after bleeding WeiZhong (BL 40); therefore, it is not necessary to do additional points. 又闪腰岔气较重者, 在委中点刺后 (一般轻症经点刺后即觉轻松, 而不必再针它穴) 加针正筋、正宗两穴, 尤能助其速愈 3. These two points are also effective for concussion of the brain. 4. ZhengZong (77.02) and ZhengJin (77.01) are used together as <i>DaoMa</i> (Coupling); the usage principle is the same as ZhengJin (77.01). 本穴组治疗脑震荡亦颇有效 (余于 1977 年曾发表“急症针灸疗法, 于《大同中医杂志》)

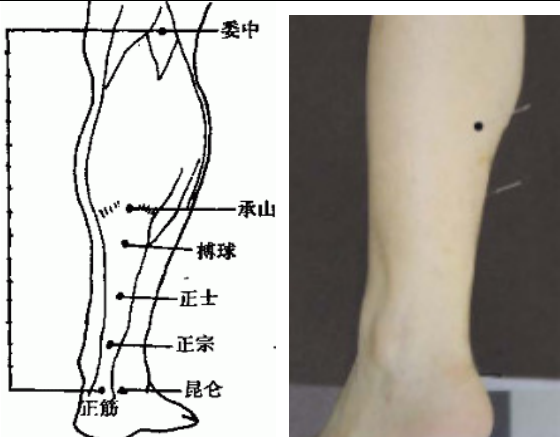
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77.03 ZhengShi (Straight Scholar) 正士穴

Image 附图：	
Location 部位：	2 <i>Cun</i> above ZhengZong (77.02) 在正宗穴上二寸处
Indications 主治：	Pain in the shoulder and back, lower back pain and sciatica. 肩背痛、腰痛、坐骨神经痛
Location of the point 取穴：	Locate the point in the center of the tendon of calcaneus, 2 <i>Cun</i> superior to ZhengZong (77.02) . 当足后跟筋之正中央上，距正宗上二寸处是穴
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. ZhengShi (77.03) and BoQiu (77.04) are often used together as <i>DaoMa</i> to treat back pain with excellent result. It can also be used together with ZhengZong (77.02) and ZhengJin (77.01) to form "big <i>DaoMa</i>" needling technique to enhance the special effect of treating neck and lower back pain. 本穴常与搏球穴倒马并用治背痛极有效。也可与正宗及正筋并用成大倒马，加强治疗颈、腰脊痛有特效 2. Since the BL channel passes through ZhengShi (77.03), it is effective for treating lower back pain and sciatica pain. 3. Master Tung mentioned that when the mirror image points are related to the Lung channel, you can use them to treat back pain.

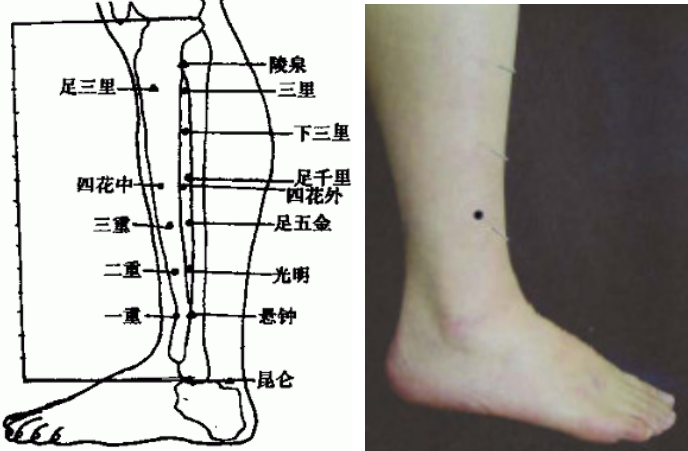
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77.04 BoQiu (Catching Ball) 搏球穴

Image 附图：	
Location 部位：	2 and 1/2 <i>Cun</i> superior to ZhengShi (77.03) . 在正士穴上二寸五分
Indications 主治：	Cramp in cholera morbus (sudden turmoil disorder), aching pain of the back, and nose bleeding. 腿转筋、霍乱、腰酸背痛、鼻出血
Location of the point 取穴：	Place the patient in supine position with the heel raised by a cushion. Locate the point 2.5 <i>Cun</i> superior to ZhengShi (77.03) or at the lower tendon of the gastrocnemius muscle. 平卧，脚跟用软垫垫高，当下腿后侧在正士穴直上二寸五分，即腓肠肌之下缘是穴
Manipulation 手术：	Insert the needle 1-2 <i>Cun</i> deep. 针一寸至二寸
Usage 运用：	Combine BoQiu (77.04) with SiHuaZhong (77.09) in the treatment of cramps in cholera morbus and Kidney deficiency. 与四花中穴配用，主治霍乱转筋及肾亏
Remarks 说明：	BoQiu (77.04) is located 1.5 <i>Cun</i> inferior to ChengShan (BL 57) . 搏球位置在膀胱经之承山穴下一寸半
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Combine BoQiu (77.04) with ZhengShi (77.03) can relieve back pain with excellent effects, especially when the pain is close to GaoHuang (BL 43), or at the lower back. For chronic pain, bleed the protruding blood vessel of the diseased part along the line of BoQiu (77.04) and ZhengShi (77.03), to obtain immediate results. 与正士互相倒马治疗背痛（尤其是膏肓穴附近痛）或腰背痛效果极佳。若久病入络，在患侧搏球至正士一带寻青筋点刺出血，立可见效 2. This point effectively treats spasms of leg muscles, because BoQiu (77.04) is close to ChengShan (BL 57). Better effect is obtained when the above two points are needled together at the same time. 本穴因邻近承山穴，治疗腿抽筋亦极有效。与承山倒马并用，疗效更佳 3. BoQiu (77.04) is located at the Bladder channel; therefore, it treats lower back pain. This point is located beneath the tendon, by utilizing the treatment principle of "use tendon to treat tendon problems"; you can use this point to treat sprained tendons. 4. Good treatment results can be obtained for treating hemorrhoids by bleeding the protruding blood vessels around BoQiu (77.04).

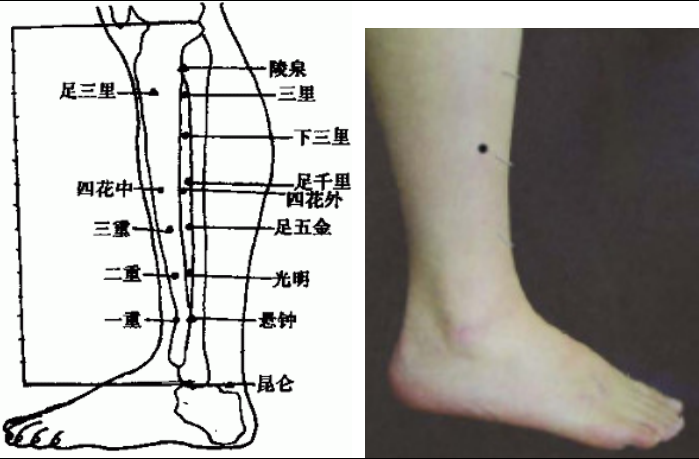
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77.05 YiZhong (First Weight) 一重穴

Image 附图：	
Location 部位：	3 <i>Cun</i> superior to the lateral malleolus and 1 <i>Cun</i> anterior to the fibula. 在外踝骨尖直上三寸向前横开一寸
Indications 主治：	Hyperthyroidism due to heart diseases, exophthalmos, tonsillitis, deviation of the eye and mouth (facial hemiparalysis), migraine, lumps, liver diseases, cranial tumor and meningitis. 甲状腺肿大（心脏病引起）、眼球突出、扁桃腺炎、口歪眼斜（面神经麻痹）、偏头痛、痞块、肝病、脑瘤、脑膜炎
Location of the point 取穴：	Locate the point 3 <i>Cun</i> superior to the lateral malleolus and 1 <i>Cun</i> anterior to the fibula. 当外踝尖直上三寸，向前横开一寸处是穴
Manipulation 手术：	Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸
Remarks 说明：	YiZhong (77.05) is located anterior to XuanZhong (GB 39) , 1 <i>Cun</i> lateral to the <i>YangMing</i> channel. 一重穴位置在悬钟穴向前，即阳明经方向横开一寸处
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. The three Zhong points are located between <i>ShaoYang</i> (GB) channel and <i>YangMing</i> (ST) channel. They are useful for treatment of illnesses caused by <i>ShaoYang</i> and <i>YangMing</i> syndromes (i.e. good effects for facial hemiparalysis). 2. YiZhong (77.05) is indicated for Liver and Spleen problems, the treatment principle is the same as MuDou (66.07) and MuLiu (66.06). 3. YiZhong (77.05) is located between the GB channel (for Wind condition) and ST channel (for Phlegm condition), so it can be used for treating Wind and Phlegm disorders.

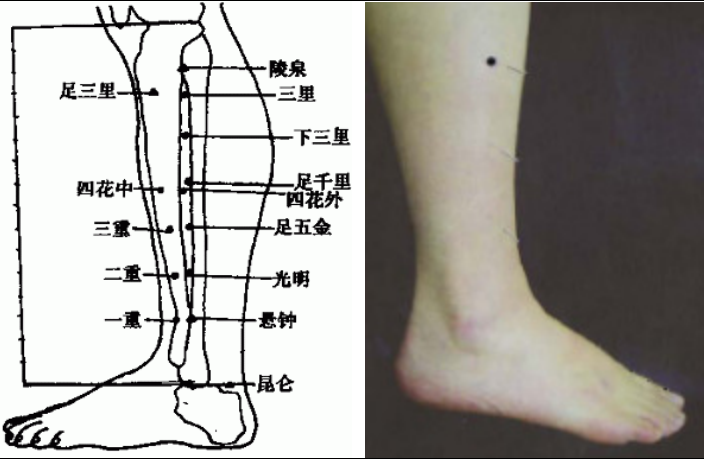
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77.06 ErZhong (Second Weight) 二重穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>2 <i>Cun</i> superior to YiZhong (77.05). 在一重穴上二寸</p>
<p>Indications 主治：</p>	<p>Hyperthyroidism due to heart diseases, exophthalmos, tonsillitis, deviation of the eye and mouth (facial hemiparalysis), migraine, lumps, liver diseases, cranial tumor and meningitis. 甲状腺肿大（心脏病引起）、眼球突出、扁桃腺炎、口歪眼斜（面神经麻痹）、偏头痛、痞块、肝病、脑瘤、脑膜炎</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 2 <i>Cun</i> superior to YiZhong (77.05). 当一重穴直上二寸处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸</p>
<p>Remarks 说明：</p>	<p>ErZhong (77.06) is located at 2 <i>Cun</i> superior to YiZhong (77.05).</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>Treatment principle is the same as YiZhong (77.05).</p>

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77.07 SanZhong (Third Weight) 三重穴

Image 附图：	
Location 部位：	2 <i>Cun</i> directly superior to ErZhong (77.06). 在二重穴直上二寸
Indications 主治：	Hyperthyroidism due to heart diseases, exophthalmos, tonsillitis, deviation of the eye and mouth (facial hemiparalysis), migraine, lumps, liver diseases, cranial tumor and meningitis. 甲状腺肿大（心脏病引起）、眼球突出、扁桃腺炎、口歪眼斜（面神经麻痹）、偏头痛、痞块、肝病、脑瘤、脑膜炎
Location of the point 取穴：	Locate the point 2 <i>Cun</i> superior to ErZhong (77.06). 当二重穴直上二寸处是穴
Manipulation 手术：	Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸
Usage 运用：	Needling YiZhong (77.05), ErZhong (77.06) and SanZhong (77.07) simultaneously to treat the above conditions. 一重、二重、三重穴同下针（即所谓倒马针），为治上述各症之特效针
Remarks 说明：	YiZhong (77.05) is located at 1 <i>Cun</i> anterior to the Gallbladder channel XuanZhong (GB 39), ErZhong (77.06) is located at 2 <i>Cun</i> superior to YiZhong (77.05) and SanZhong (77.07) is located 2 <i>Cun</i> superior to ErZhong (77.06). That is "DaoMa" (Coupling). 一重穴位于胆经之悬钟穴向前一寸，二重穴在一重穴上二寸，三重穴在二重穴上二寸，三针同下，
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> YiZhong (77.05), ErZhong (77.06), and SanZhong (77.07) are used simultaneously for treating splenitis, splenomegaly, splenokeratosis (for Spleen disorders, points of the right side are needled), painful breasts, mastalgia, lobular hyperplasia of breast and thyroid enlargement. 除治上述各症特效外，尚可治脾发炎、脾肿大、脾硬化（脾家病用针以右边为主），乳发炎、乳痛、乳房小叶增生，甲状腺肿大等症极效 SanZhong (77.07) activates brain blood circulation and dispels Wind and resolves Phlegm. It is most effective in the treatment of sequela due to Wind Stroke, concussions of the brain and cerebral palsy. 本穴有活脑部血液循环及祛风化痰之功效，治中风后遗症，脑震荡后遗症及脑性麻痹均有极大功效 SanZhong (77.07) also treats migraines, trigeminal neuralgia, facial hemiparalysis, odontoprisis and pain in the shoulder, arm and wrist because it serves to dispel Wind and resolve Phlegm. 本穴治偏头痛、三叉神经痛、面神经麻痹、睡中咬牙及肩臂手腕痛亦有殊效，皆与祛风化痰有关 SanZhong (77.07) can treat Liver and Spleen disorders, and the treatment principle is the same as MuDou (66.07) and MuLiu (66.06).

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| | 5. SanZhong (77.07) is located between <i>ShanYang</i> (GB) and <i>YangMing</i> (ST) channel. Since <i>ShaoYang</i> (GB) governs Wind, and <i>YangMing</i> (ST) governs Phlegm; it's good for treating Wind and Phlegm disorders. |
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77.08 SiHuaShang (Four Flowers Upper) 四花上穴

Image 附图：



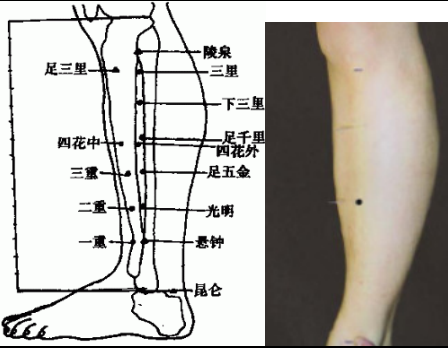
Location 部位：	3 <i>Cun</i> inferior to XiYan [DuBi] (ST 35) on the lateral tibia. 在膝眼下三寸，胫骨外帘
Indications 主治：	Asthma, toothache, palpitations, tumor in the mouth, dizziness, heart diseases and cramp in cholera morbus. 哮喘、牙痛、心跳、口内生瘤、头晕、心脏病、转筋霍乱
Location of the point 取穴：	Locate the point 3 <i>Cun</i> inferior to XiYan [DuBi] (ST 35) in the depression at the junction of the anterior tibial muscle and common long extensor muscle of the toe. 当外膝眼之下方三寸，在前胫骨肌与长总趾伸肌起始部之间陷中是穴
Manipulation 手术：	Insert the needle 2-3 <i>Cun</i> deep. Puncture to a depth of 2 <i>Cun</i> to treat asthma and a depth of 3 <i>Cun</i> to treat heart disease. 针深二寸至三寸，针深二寸治哮喘，针深三寸治心脏病
Usage 运用：	Combine SiHuaShang (77.08) and BoQiu (77.04) to treat cramps in cholera morbus, inserting the needle to a depth of 3 <i>Cun</i> . 四花上穴配搏球穴治转筋霍乱，此时四花上穴须针深三寸
Remarks 说明：	Insert the needle against the tibia SiHuaShang (77.08) medial to ZuSanLi (ST 36) . 四花上穴与足三里平行，贴胫骨取穴进针
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is located on the Stomach channel; it is effective for treating ST channel disorders. Since it is near ZuSanLi (ST 36), it is the Earth point of the Earth channel; it can tonify the Earth (Stomach) and generate the Metal (Lung). It is quite effective in treating asthma. 2. Since the ST channel is related to the Pericardium channel, deep insertion of the needles in SiHuaShang (77.08) exerts excellent effects on heart diseases. 3. Bleeding SiHuaShang (77.08) will offer even greater results for heart diseases, asthma, chronic gastric diseases and gastric ulcers. Gastric pain is immediately relieved after bleeding, and persistent gastric diseases are quickly cured as well. 本穴有强心作用，深针治心脏病及哮喘效果极佳，点刺出血治疗上述病变效果更佳。点刺治疗久年胃病、胃溃疡等症亦极效，一般胃痛点刺后可立止疼痛，久年胃病更可加速治愈。

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	<ol style="list-style-type: none">4. <i>SiHuaShang</i> (77.08) is located on the lower leg; it can be used to treat upper body for heart and lung disorders. Needles are inserted shallower (2 <i>Cun</i>) for lung problems, and inserted deeper (3 <i>Cun</i>) for heart problems. This emphasizes the treatment principle of needling deeper for distant and chronic diseases. Longer needle retention time produces even better results.5. Bleeding should be done slightly away from the tibia for ease of bleeding and safety.
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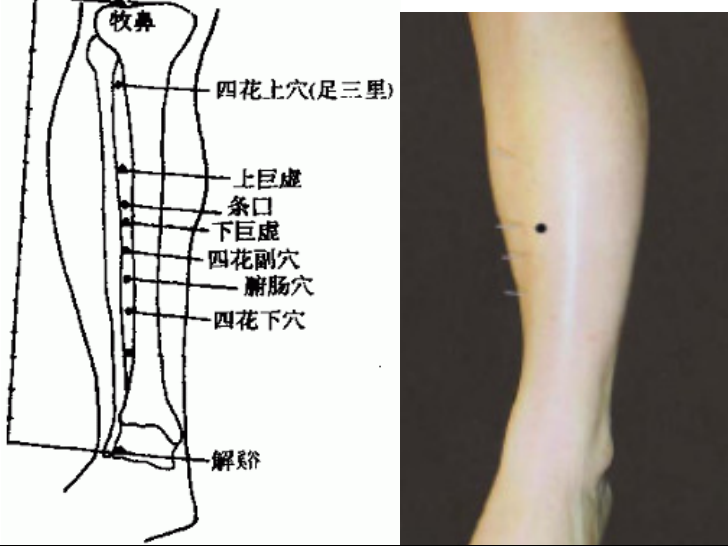
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77.09 SiHuaZhong (Four Flowers Middle) 四花中穴

Image 附图 :	
Location 部位 :	4 1/2 Cui inferior to SiHuaShang (77.08) 四花上穴直下四寸五分
Indications 主治 :	Asthma, eyeball problem, carditis, cardiovascular sclerosis, and pain on both sides of the heart, cardioplegia (feeling of suffocation and discomfort), acute gastric pain, and swollen bones. 哮喘、眼球病、心脏病、心脏血管硬化、心两侧痛、心闷难过、坐卧不安、急性胃痛。消骨头之肿胀
Location of the point 取穴 :	Locate the point 4.5 Cui inferior to SiHuaShang (77.08) . 当四花上穴直下四寸五分
Manipulation 手术 :	Bleed the point with a three-edged needle to treat cardiovascular sclerosis, acute gastric pain, enteritis, suffocating feeling in the chest and pleurisy. When the needle is inserted to a depth of 2-3 Cui, asthma and eyeball pain are relieved. 三棱针出血治心脏血管硬化、急性胃痛、肠炎、胸部发闷、肋膜炎。用毫针针深二寸至三寸治哮喘、眼球痛
Remarks 说明 :	SiHuaZhong (77.09) is located 0.5 Cui above TiaoKou (ST 38) . It is the point for various problems. 本穴位于胃经条口穴上五分，为应用极广泛之穴道，
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Good results above the indications are seen when the points is bled. 以三棱针点刺治疗上述各病确有特效 2. Bleed the point with a three-edged needle to treat pulmonary edema, tuberculosis, lung tumors and pulmonary emphysema. 此外，以三棱针治疗肺积水、肺结核、肺癌、肺气肿等病亦有效验 3. SiHuaZhong (77.09) is indicated for treating pain of the shoulders, elbows and index fingers. However, the needle insertion is on the same side of the pain area; which differs from the usual needling at the opposite side. But according to experiences, needling the opposite side can also be effective. 用毫针则还能治肩胛痛，肘弯痛、食指痛亦极效，唯治则与它穴不同，以采患侧同侧之穴位为主 4. SiHuaZhong (77.09) is located on the ST channel, between ShangJuXu (ST 37, large intestine lower He-sea point) and XiaJuXu (ST 39, small intestine lower He-sea point) and at the middle of the lower leg. It is useful for treating the middle part of the body and has strong effect in regulating the function s of the Stomach and Intestines. 5. SiHuaZhong (77.09) affects the Lung and the Heart. Since it is located in the middle of the ST channel, it has strong effect in regulating the Earth. It can tonify the mother (Fire) and generate the son (Metal); therefore, it is effective in treating Heart and Lung diseases. Bleeding this point produces even better results. However, it should be bled 0.5 Cui lateral to the tibia.

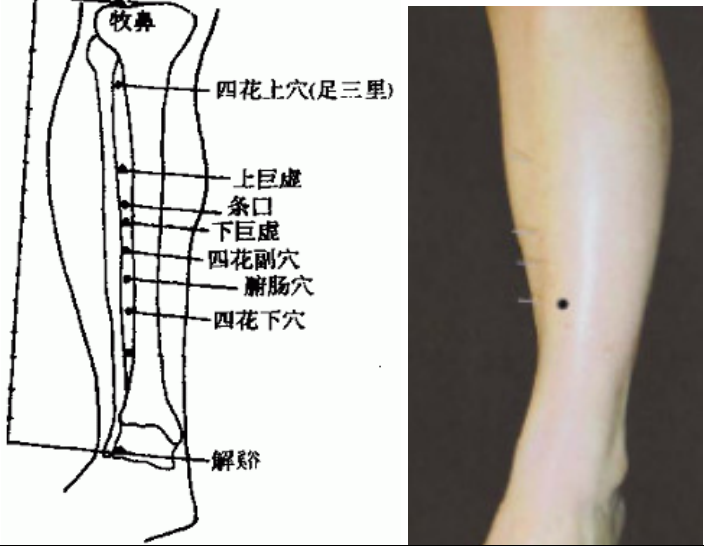
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77.10 SiHuaFu (Four Flowers Append) 四花副穴

Image 附图：	 <p>Diagram labels: 牧鼻, 四花上穴(足三里), 上巨虚, 条口, 下巨虚, 四花副穴, 解谿, 四花下穴.</p>
Location 部位：	2 ½ <i>Cun</i> inferior to SiHuaZhong (77.09) . 四花中穴直下二寸半
Indications 主治：	Asthma, eyeball problem, carditis, cardiovascular sclerosis, and pain on both sides of the heart, cardioplegia (feeling of suffocation and discomfort), acute gastric pain, and swollen bones. 哮喘、眼球病、心脏炎、心脏血管硬化、心两侧痛、心闷难过、坐卧不安、急性胃痛。消骨头之肿胀。
Location of the point 取穴：	Locate the point 2.5 <i>Cun</i> inferior to SiHuaZhong (77.09) . 当四花中穴直下二寸半处是穴
Manipulation 手术：	Bleed the point with a three-edged needle to treat cardiovascular sclerosis, cardioplegia and acute gastroenteritis. 三棱针出血治心脏血管硬化、心脏病、急性胃痛、肠胃炎
Remarks 说明：	Immediate effect is seen when SiHuaFu (77.10) and SiHuaZhong (77.09) are combined in the treatment of the above conditions. The bleeding method is applied to a blood vessel until dark red blood appears. 四花副穴与四花中穴配合使用，治以上诸症立即见效，但扎针时应对正血管，以见黑血为准
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. The indications of this point are almost the same as SiHuaZhong (77.09) and using bloodletting method. 2. It is not necessary to bleed right on the point. Response is found when bleeding the protruding blood vessels in the vicinity of SiHuaZhong (77.09) or SiHuaFu (77.10). 点刺不必拘泥穴位，在四花中穴至四花副穴附近之青筋上点刺，出血即见效果 3. For treating swollen bone, use needling method. The needle should be inserted against the tibia. See below SiHuaXia (77.11) for treatment principle. 四花副穴在下巨虚穴下一寸，临床上配合四花中应用，亦为应用广泛之点刺要穴

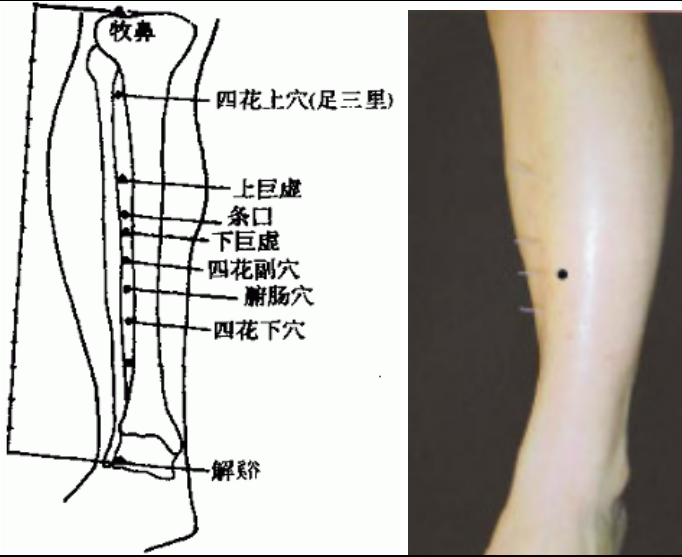
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77.11 *SiHuaXia* (Four Flowers Lower) 四花下穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2 ½ <i>Cun</i> inferior to SiHuaFu (77.10). 四花副穴直下二寸半</p>
<p>Indications 主治 :</p>	<p>Enteritis, abdominal distension, edema and odontoprisis. 肠炎、腹胀、胃痛、浮肿、睡中咬牙</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 2.5 <i>Cun</i> inferior to SiHuaFu (77. 10). 当四花副穴直下二寸五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸</p>
<p>Remarks 说明 :</p>	<p>SiHuaXia (77.11) is 2.5 <i>Cun</i> distal to SiHuaFu (77.10).</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. SiHuaXia (77.11) is located on the ST channel. It is indicated for stomach and intestinal problems. FuChang (77.12) is also located on the ST channel and it has the same indications. The two points are usually applied together. 四花下穴之位置在胃经上，所治之病多系胃肠病， 腑肠穴亦在胃经上，主治亦同，但两针通常配合应用 2. When the two points [SiHuaXia (77.11) and FuChang (77.12)] are needled at the same time, it is known as "cutting bone" needling (insert the needle against the tibia) which effectively treats bone spurs. They are especially effective for bone spurs at the knee and heel. That is to utilize the treatment principle of "use bone to treat bone". 两针并用，亦称削骨针（紧贴胫骨进针）能治骨骼肿大（骨刺）

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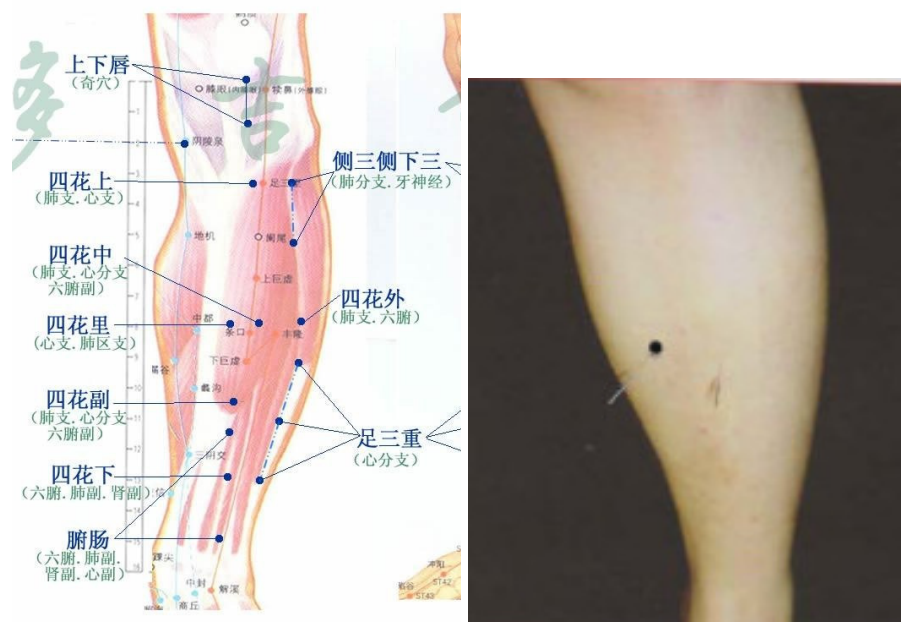
77.12 *FuChang* (Bowel Intestine) 腑肠穴

Image 附图：	 <p>The diagram illustrates the location of the <i>FuChang</i> (腑肠穴) point on the lower leg. It is situated between the 'Four Flower' points (Si Hua), specifically 1.5 <i>Cun</i> inferior to <i>SiHuaXia</i> (77.11). Other labeled points include '牧鼻' (Mu Bi), '四花上穴(足三里)' (Si Hua Shang Xue, Zhi San Li), '上巨虚' (Shang Ju Xu), '条口' (Tiao Kou), '下巨虚' (Xia Ju Xu), '四花副穴' (Si Hua Fu Xue), '腑肠穴' (Fu Chang Xue), '四花下穴' (Si Hua Xia Xue), and '解路' (Jie Lu). The photograph shows the point marked on a person's leg.</p>
Location 部位：	1 ½ <i>Cun</i> directly superior to <i>SiHuaXia</i> (77.11). 四花下穴直上一寸半
Indications 主治：	Enteritis, abdominal distension, gastric pain, edema and odontoprisis. 肠炎、腹胀、胃痛、浮肿、睡中咬牙
Location of the point 取穴：	Locate the point 1.5 <i>Cun</i> inferior to <i>SiHuaXia</i> (77. 11). 当四花下穴直上一寸五分处是穴
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸
Usage 运用：	This point is an auxiliary point of <i>SiHuaXia</i> (77.11). It is never needled alone. 通常为四花下穴之配穴，效力迅速，但不单独用针
Remarks 说明：	<i>FuChang</i> (77.12) is located 1 <i>Cun</i> distal to <i>SiHuaFu</i> (77.10) and 3 <i>Cun</i> inferior to <i>TiaoKou</i> (ST 38).
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. <i>FuChang</i> (77.12) is located on the ST channel. It is indicated for stomach problems; and it can be used to treat odontoprisis, which is often due to Stomach-Heat. 2. <i>FuChang</i> (77.12) can be used with <i>SiHuaXia</i> (77.11) as <i>DaoMa</i> (Coupling) treatment technique to treat the above disorders. These two points also can be needled against the tibia to treat bone spur.

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77.13 *SiHuaLi* (Four Flowers Inner) 四花里穴

Image 附图：



Location 部位：	1.2 <i>Cun</i> medial to <i>SiHuaZhong</i> (77.09) on the inner border of the tibia. 在四花中穴向里横开一寸二分，当胫骨之外缘
Indications 主治：	Enterogastric diseases, heart diseases, palpitation cramp in cholera morbus (vomiting) and cardioplegia 肠胃病、心脏病、心跳、转筋霍乱（呕吐）。
Location of the point 取穴：	Locate the point 1.2 <i>Cun</i> medial to <i>SiHuaZhong</i> (77.09) on the inner border of the tibia. 在四花中穴向里横开一寸二分，至胫骨之外缘处是穴
Manipulation 手术：	Insert the needle 1.5-2 <i>Cun</i> deep. 针深一寸五分至二寸
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Better results are seen when the point is bled for the above conditions, but avoid inserting the needle into the bone. 四花里点刺出血治上述病变效果更佳 2. Bleeding <i>SiHuaLi</i> (77.13) treats degenerative arthritis (knee joint spurs) which is usually painful at the medial side of the knee (foot-<i>TaiYin</i> channel). Therefore, bleeding this point (locate on the foot-<i>TaiYin</i> channel) is effective in treating degenerative arthritis. 点刺出血尚能治变性性膝关节炎（膝关节骨刺）

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77.14 *SiHuaWai* (Four Flowers Lateral) 四花外穴

Image 附图：



Location 部位：	1 ½ <i>Cun</i> lateral to <i>SiHuaZhong</i> (77.09) . 在四花中穴向外横开一寸五分
Indications 主治：	Acute enteritis, toothache, migraine, facial paralysis and intercostals neuralgia. 急性肠炎、牙痛、偏头痛、脸部神经麻痹、肋膜痛
Location of the point 取穴：	Locate the point 1.5 <i>Cun</i> lateral to <i>SiHuaZhong</i> (77.09) . 当四花中穴向外横开一寸五分处是穴
Manipulation 手术：	Insert the needle 1-1.5 <i>Cun</i> deep. 针深一寸至寸半
Usage 运用:	This point is bled with a three-edged needle until dark red bleed is seen. It is indicated for acute gastroenteritis, pleurisy, distending feeling in the chest, asthma, sciatica, pain in the shoulders and arm, ear pain, chronic rhinitis, headache, and hypertension 用三棱针出黑血，治急性肠胃炎、肋膜痛、胸部发胀、哮喘、坐骨神经痛、肩臂痛、耳痛、慢性鼻炎、头痛、高血压
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> <i>SiHuaWai</i> (77.14) is an extremely important point for bloodletting. Besides the above conditions, it also treats pathological changes on the lateral side of the body. It is indicated for migraine, ear pain, pain in the shoulders and arm, intercostals pain, lateral sciatica occurring along the GB channel and instep pain. 四花外穴亦为极重要点刺穴位，除上述各病外，对于侧身各种病变更有特效。如上述之偏头痛、耳痛、肩臂痛、肋骨痛，侧面（胆经）之坐骨神经痛及足跖痛等均有特效。 Better effect is seen when the blood vessels in the vicinity of the point are bled. According to TCM theory, "chronic diseases must have stasis, difficult diseases must have stasis, odd diseases must have stasis"; also "chronic diseases must have Phlegm, difficult diseases must have Phlegm, odd diseases must have Phlegm". <i>SiHuaWai</i> (77.14) is close to <i>FengLong</i> (ST 40), it is the gathering point of Phlegm", therefore, phlegm can be dissolved when this point is bled. When bleeding with the three-edged needles you can invigorate the blood and treat phlegm at the same time. This is a special point to treat all kind of assorted difficult and complicated illnesses. It is especially effective when used in combination with bleeding

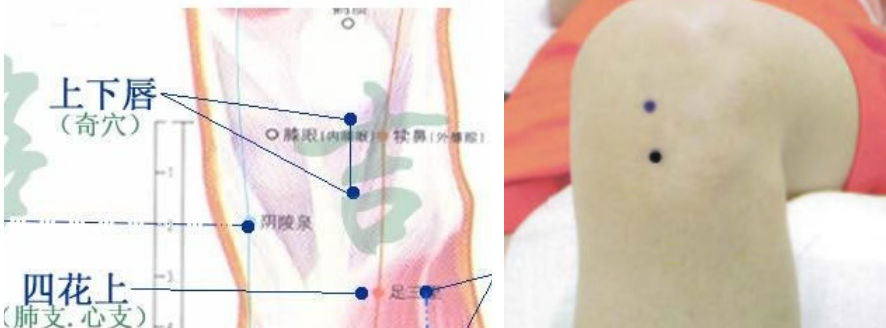
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SiHuaZhong (77.09).

4. *SiHuaWai* (77.14) is the most commonly used point for bloodletting. It removes the blood stasis and dissolves phlegm. Whenever you come across chronic illnesses which are difficult to treat, bleeding this point often produces great result. 点刺时在四花外穴周围视青筋出血即见大效，不必拘穴位

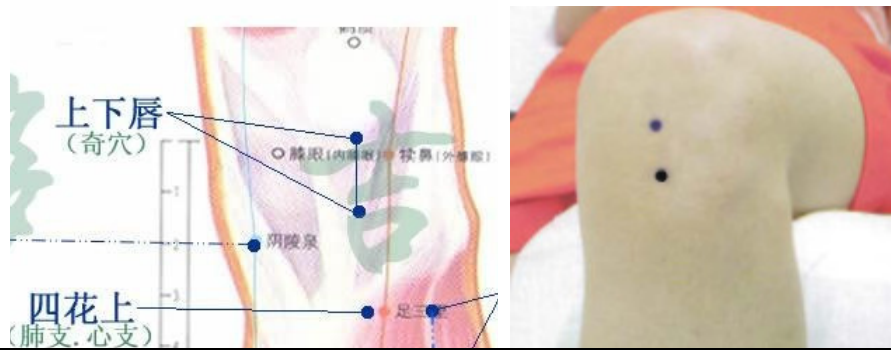
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77.15 ShangChun (Upper Lip) 上唇穴

Image 附图 :	
Location 部位 :	At the lower lateral ridge of the patella. 在膝盖下缘
Indications 主治 :	Lip pain and leudoderma around oral and genital area. 唇痛、白口症
Location of the point 取穴 :	Locate the point at the lower lateral ridge of the patella, on the patellar ligament. 当膝盖正中央下缘, 腓骨韧上
Manipulation 手术 :	Bleed the point until dark red blood appears to achieve a quick response. 用三棱针刺膝盖下缘腓骨韧带上及其邻近区, 使出黑血, 立即见效
Mechanism, Elucidation and Application: 发挥	ShangChun (77.15) is located at the lateral ridge of the patella, slightly lower medial to DuBi (ST 35) . It is the mirror image point of the lip and mouth. This point is also located right next to the ST' channel. Since the ST' channel runs the mouth one circle, it is very effective in treating lip problems.

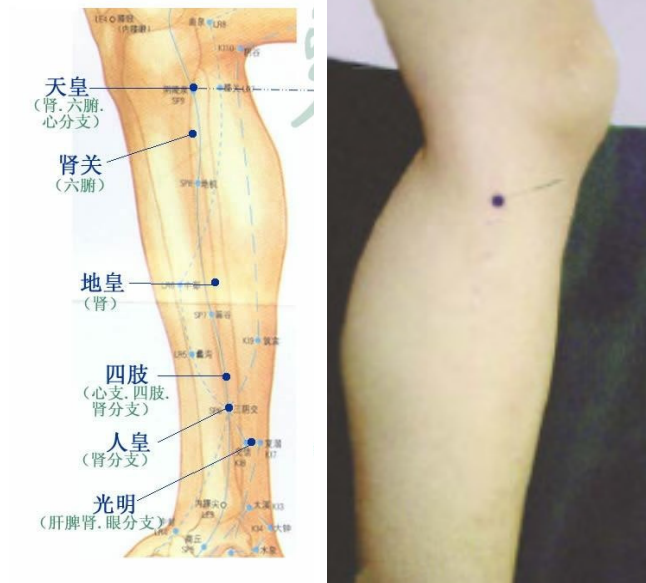
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77.16 XiaChun (Lower Lip) 下唇穴

Image 附图 :	
Location 部位 :	1 <i>Cun</i> inferior to the lower lateral ridge of the patella. 在膝盖下缘约一寸
Indications 主治 :	Lip pain and leudoderma around oral and genital area. 唇痛、白口症
Location of the point 取穴 :	Locate the point about 1 <i>Cun</i> inferior to the lower lateral ridge of the patella. 当膝盖下缘约一寸处
Manipulation 手术 :	Bleed the point until dark red blood appears. 用三棱针刺膝盖下缘腓骨韧带上及其邻近区, 使出黑血, 立即见效
Mechanism, Elucidation and Application: 发挥	Bleeding method is primarily used to the two points [ShangChun (77.15) and XiaChun (77.16)] to treat lip problems and stomatitis. The mechanism is same as ShangChun (77.15) . 两穴均以点刺为主, 主治唇部病证, 治口腔炎亦有效

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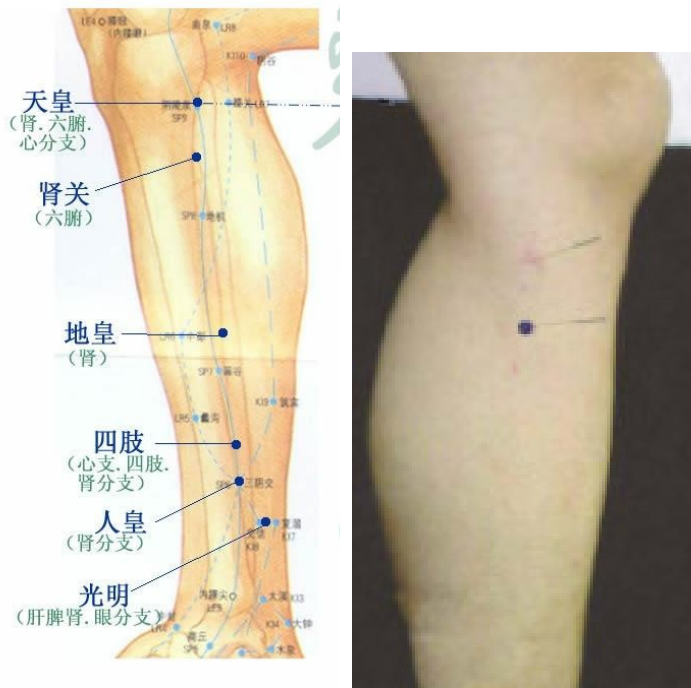
77.17 *TianHuang* (Heavenly Emperor) 天皇穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the depression of the medial condyl of the tibia, 2.5 <i>Cun</i> inferior to the knee joint. 在胫骨头之内侧陷中, 去膝关节二寸五分</p>
<p>Indications 主治 :</p>	<p>Hyperchlorhydria, regurgitation, nephritis, diabetes and proteinuria. 胃酸过多、反胃 (倒食病)、肾脏炎、糖尿病、蛋白尿</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the posterior depression of the medial tibia below the knee, on the medial condyl of the tibia, 2.5 <i>Cun</i> inferior to the knee joint. 当膝下内辅骨下陷中, 在胫骨头之内侧, 去膝关节一寸五分是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Usage 运用:</p>	<p>In combination with <i>TianHuangFu</i> (77.18) it function to deal with regurgitation and hyperchlorhydria. 配天皇副穴治倒食病, 胃酸过多</p>
<p>Remarks 说明 :</p>	<p>Moxibustion is not advised. Needling this point is contraindicated for pregnant women. 不宜灸、孕妇禁针</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. <i>TianHuang</i> (77.17) overlaps <i>YinLingQuan</i> (SP 9). In addition to treating the above problems, Master Tung used it to treat heart diseases, hypertension, dizziness and headache caused by heart problems, arm pain and insomnia. 天皇穴即脾经之阴陵泉穴, 除治疗上述病症外, 董师还用以治疗心脏病, 高血压、心脏病所引起之头晕头痛、臂痛、失眠等症 2. <i>TianHuang</i> (77.17) can also treat tightness of the neck and thoracic spine area. 本穴还可治疗项部及胸膈强紧 3. Since <i>TianHuang</i> (77.17) overlaps <i>YinLingQuan</i> (SP 9), it is the <i>He-sea</i> (Water) point of the Spleen (Earth) channel; it treats both Water and Earth related problems because strengthening the Spleen (Earth) restrains the Kidney (Water). Therefore, it treats illnesses that result from Spleen and Kidney deficiencies. <p>Comment: <i>TianHuang</i> (77.17) is located 2.5 <i>Cun</i> below the knee joint; it should be 0.5 <i>Cun</i> below <i>YinLingQuan</i> (SP 9). However, Master Tung usually inserted the needle adjacent to the bone; therefore, this point is equivalent to <i>YinLingQuan</i> (SP 9).</p>

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77.18 TianHuangFu [Shen Guan] (Heavenly Emperor Append aka Kidney Gate) 天皇副穴 (肾关)

Image 附图：



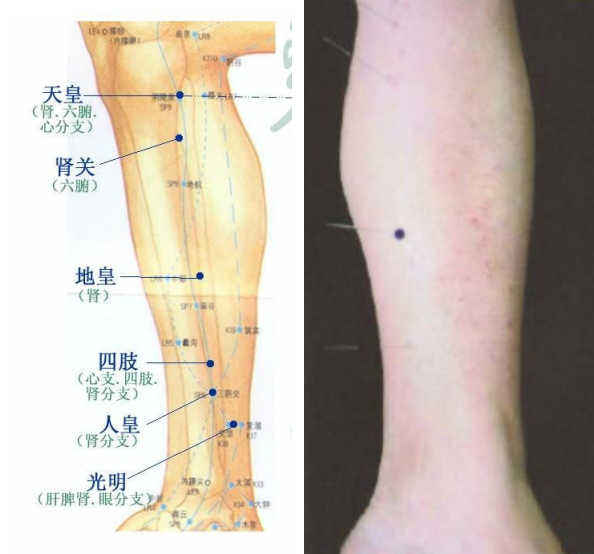
Location 部位：	1.5 <i>Cun</i> inferior to TianHuang (77.17) . 在天皇穴直下一寸五分
Indications 主治：	Hyperchlorhydria, regurgitation, deviation of the eyeball, astigmatism, anemia, epilepsy, neuropathy, pain in the supraorbital bone, pain of the nasal bone and dizziness. 胃酸过多，倒食症、眼球歪斜、散光、贫血、癫痫病、神经病、眉棱骨痛、鼻骨痛、头晕
Location of the point 取穴：	Locate the point 1.5 <i>Cun</i> inferior to TianHuang (77.17) on the medial side of the tibia. 当天皇穴直下一寸半，胫骨之内侧
Manipulation 手术：	Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸
Usage 运用：	It treats hyperchlorhydria (i.e. excessive secretion of hydrochloric acid in the stomach) and is used as an auxiliary point, combined with TianHuang (77.17) in the treatment of regurgitation. 治胃酸过多，倒食症为天皇穴之配针
Remarks 说明：	Moxibustion is not advised. Needling this point is contraindicated for pregnant women.
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. TianHuangFu (77.18) is also known as ShenGuan, it is an essential point for strengthening Kidney function. In addition to the above conditions, it markedly relieves sciatica, back pain, headache and soreness of the lower back due to Kidney deficiency. It is most effective for numbness and pain of the hands, shoulder and arm pain, and frozen shoulder (fifty-year old shoulder - periarthritis of shoulder). After inserting the needle ask the patient to move the fingers or raise the arm, the pain should immediately remit. I have performed acupuncture for only one treatment and cured periarthritis of the shoulder in one case. 天皇副穴又名肾关，为补肾要穴，除治疗上述病症外，对于肾亏所引起之坐骨神经痛、背痛、头痛、腰酸亦有显效，另外治疗两手发麻或疼痛、肩臂痛及肩臂不举（五十肩），尤为特效。针后令其活动手指或抬举肩臂，可立见奇效。余曾治某部司长之五十肩，一次而愈。 2. TianHuangFu (77.18) is most effective for deviation of eyeball and

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	<p>muscae volitantes when combined with FuLiu (KI 7). From my experience, bleeding TaiYang Xue also has quick results for deviation of the eyeball, muscae volitantes and various eye problems. 配复溜治眼球外斜及飞蚊症极有效</p> <ol style="list-style-type: none"> 3. TianHuangFu (77.18) is effective in treating diuresis and nocturia. 本穴治多尿、夜尿极特效 4. Perpendicular needling of TianHuangFu (77.18) treats stuffiness and pain in the chest; the heart function is strengthens the Kidney function. Since it regulates the Heart and Kidney channel, it is effective for neurasthenia and insomnia. 本穴直刺治胸口闷、胸口痛、强心，斜刺治眉棱骨痛，前头痛。补肾 5. TianHuangFu (77.18) is also named ShenGuan. It has the same function as ShenShu (BL 23) and GuanYuan (Ren 24), and it is the most frequently used point to tonify the Kidney channel. Since this point is located distally to TianHuang (77.17) it also tonifies the KI and the SP channel. And it treats hyperglucosuria, hyperuricemia and kidney failure. It is also effective for blood diseases. This point combined with RenHuang (77.21) and DiHuang (77.18) (i.e. XiaSanHuang) obtains most effects. 6. TianHuangFu (77.18) has the property of Earth and Water, it can tonify the Spleen and Kidney. And the Spleen governs postnatal, the Kidney governs pre-natal; this point is good for nursing the feebleness and treating chronic diseases. In addition to combining with RenHuang (77.21) and DiHuang (77.19), it regulates the Spleen with ZuZanLi (ST 36), and tonifies the Kidney with FuLiu (KI 7). 7. Since SP channel is connected to the SI channel, it is especially effective for treating frozen shoulder (fifty year old shoulder – periarthritis of shoulder). Also, TianHuang (77.17) is the mirror image point of the head; therefore, this point is the mirror image point of the neck and shoulder. <p>Comment: When needling this point, Master Tung used the point that is located 1.5 <i>Cun</i> distal to YinLingQuan (SP 9).</p>
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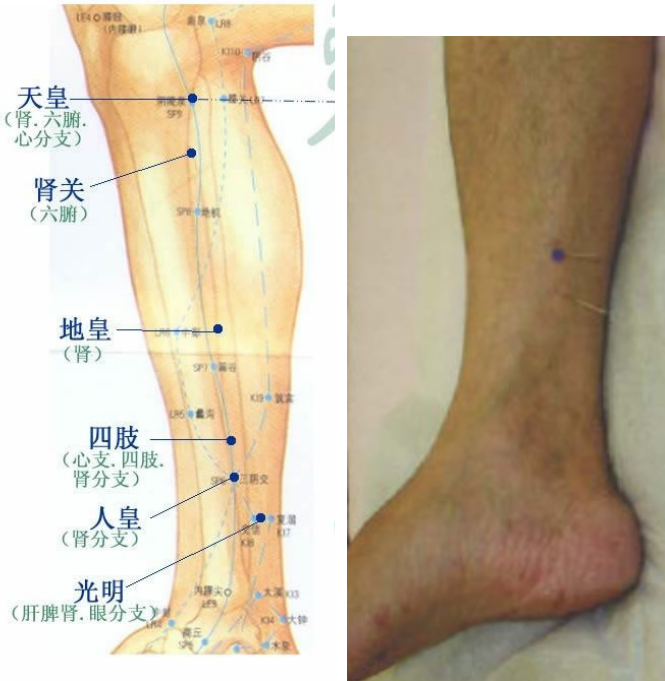
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77.19 *DiHuang* (Earthly Emperor) 地皇穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the medial side of the tibia, 7 <i>Cun</i> superior to the medial malleolus. 在胫骨之内侧，距内踝骨七寸</p>
<p>Indications 主治 :</p>	<p>Nephritis, edema of the limbs, diabetes, strangury, impotence, premature ejaculation, nocturnal emission, involuntary emission, proteinuria, hematuria, tumors of uterus, irregular menstruation, and lower back pain due to deficiency in the Kidney. 肾脏炎、四肢浮肿、糖尿病、淋病、阳萎、早泄、遗精、滑精、梦遗、蛋白尿、小便出血、子宫瘤、月经不调、肾亏之腰痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the posterior border of the medial tibia, 7 <i>Cun</i> superior to the medial malleolus. 当胫骨之内侧后缘，距内踝上七寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>When the needle and the foot are in an angle of 45 degree, the needle is inserted to a depth of 1-1.8 <i>Cun</i>. 针与脚成四十五度扎入，针深一寸至一寸八分</p>
<p>Remarks 说明 :</p>	<p>The point is contraindicated for needling in pregnant women. 孕妇禁针 DiHuang (77.19) is located 1 <i>Cun</i> proximal to the SP channel of LouGu (SP 7), and is combined with TianHuangFu (77.18) and RenHuang (77.21) are known as the XiaSanHuang "Three Lower Huang Points". DiHuang (77.19) is in the middle which should be named RenHuang, while RenHuang is in the lower part and should be called DiHuang. But here the original statement by Master Tung is followed. 本穴穴位即脾经之郄穴漏谷，本穴与肾关、人皇合称下三皇，本穴在三皇穴之位置居中，或应更名为人皇，而下面之人皇则更改为地皇似较合理，在此仍从原说</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>DiHuang (77.19) is located at the Spleen channel. It also has the same function as the Kidney; therefore, it can tonify both Kidney and Spleen. It is often used for treating illnesses resulted from Spleen and Kidney deficiency. Comment: DiHuang (77.19) is located 7 <i>Cun</i> proximal to the medial malleolus, but when Master Tung needled the point, he often used RenHuang (77.21) (3 <i>Cun</i> proximal to the border of the malleolus) or used 3 <i>Cun</i> distal to ShenGuan (77.18) as a reference point.</p>

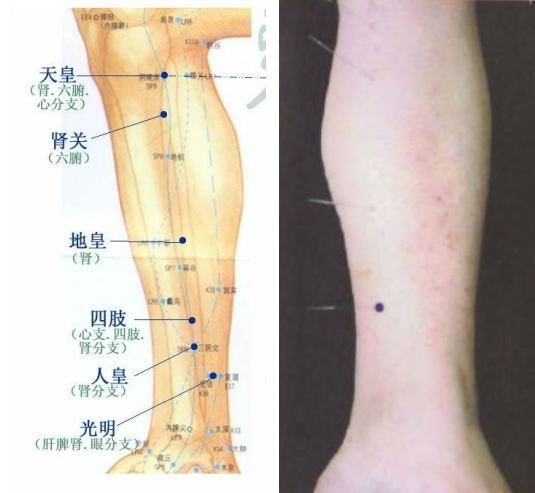
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77.20 *SiZhi* (Four Limbs) 四肢穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the medial tibia, 4 <i>Cun</i> superior to the medial malleolus. 当胫骨之内侧，在内踝上四寸</p>
<p>Indications 主治 :</p>	<p>Pains of the arm and nape of the neck, and diabetes. 四肢痛、颈项痛、糖尿病</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the posterior border of the medial tibia, 4 <i>Cun</i> superior to the medial malleolus. 当胫骨之内侧后缘，距内踝上四寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1.5 <i>Cun</i> deep 针深五分至寸半</p>
<p>Remarks 说明 :</p>	<p>The point is contraindicated for needling in pregnant women. 孕妇禁针</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. It is most effective for pain of the elbows and shoulders when <i>ShenGuan</i> (77.18) is combined. 四肢穴配肾关治肘痛、肩痛甚效 2. <i>SiZhi</i> (77.20) is located on the Spleen channel and also functions as the Kidney. Therefore, it can tonify both Kidney and Spleen at the same time. 3. Master Tung thought it also functions as the heart; therefore; it treats pain of the four limbs. See <i>TongGuan</i> (88.01) for explanation.

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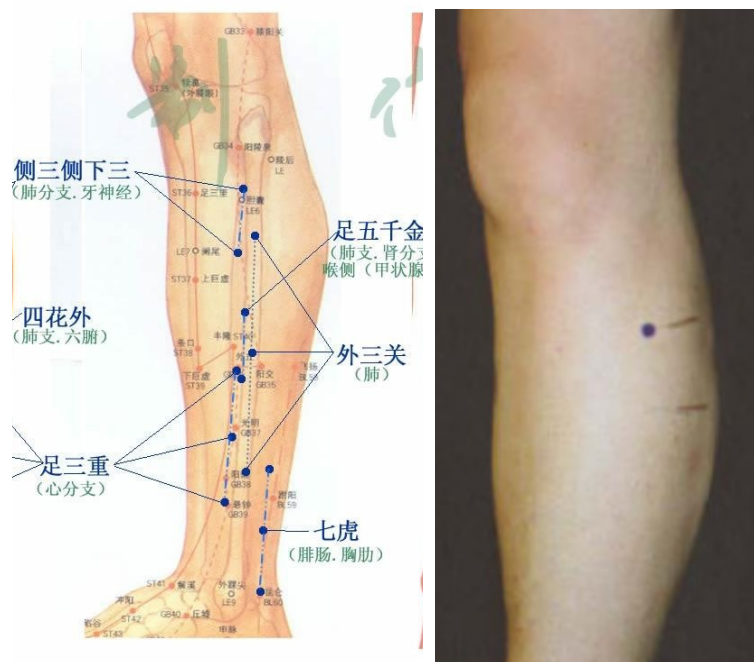
77.21 RenHuang (Human Emperor) 人皇穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the posterior border of the medial tibia, 4 <i>Cun</i> superior to the medial malleolus. 在胫骨之内侧后缘，距内踝上三寸</p>
<p>Indications 主治 :</p>	<p>Strangury syndrome, impotence, premature ejaculation, nocturnal emission, involuntary emission, pain of the lumbar vertebrae, neck pain, dizziness, numbness of hands, diabetes, hematuria, nephritis, and lower back pain due to deficiency in the Kidney. 淋病、阳痿、早泄、遗精、滑精、腰脊椎骨痛、脖子痛、头晕、手麻、糖尿病、小便出血、肾脏炎、肾亏之腰痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the posterior border of the medial tibia, 3 <i>Cun</i> superior to the medial malleolus. 当胫骨之内侧后缘，距内踝上三寸处是穴</p>
<p>Usage 运用:</p>	<p>The point is contraindicated for needling in pregnant women. 孕妇禁针</p>
<p>Remarks 说明 :</p>	<p>It is located at the site of SanYinJiao (SP 6) and is usually combined with DiHuang (77.19) and ShenGuan (77.18). The three points are named XiaSanHuang "Three Lower Huang Points". 本穴穴位即脾经之三阴交穴，配合地皇、肾关同用，合称下三皇穴</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. The "Three Lower Huang Points" are essential ones to strengthen the Kidney function, and are indicated for pathological changes caused by deficiency in the Kidney. 三皇穴为补肾要穴，举凡肾亏所致之各种病变皆有疗效 2. Combining the three points is most effective for urinary diseases and digestive and gynecological disorders. 三皇穴并用治疗泌尿系统病，消化系统病及妇科疾病疗效甚佳 3. Three Lower Huang Points is effective for neurasthenia. 三皇穴治疗神经衰弱效果亦佳 4. RenHuang (77.19) has the function of tonifying both KI and SP channels; it is specialized in treating illnesses caused by Spleen and Kidney deficiency. Since it is located at the three <i>Yin</i> channels crossing point, it can also treat Spleen, Liver and Kidney problems. <p>Comment: In general SanYinJiao (SP 6) is located 3 <i>Cun</i> proximal to the medial malleolus. Master Tung often used 3 <i>Cun</i> proximal to the border of the malleolus (i.e. "upper SanYinJiao").</p>

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77.22 *CeSanLi* (Beside Three Mile) 侧三里穴

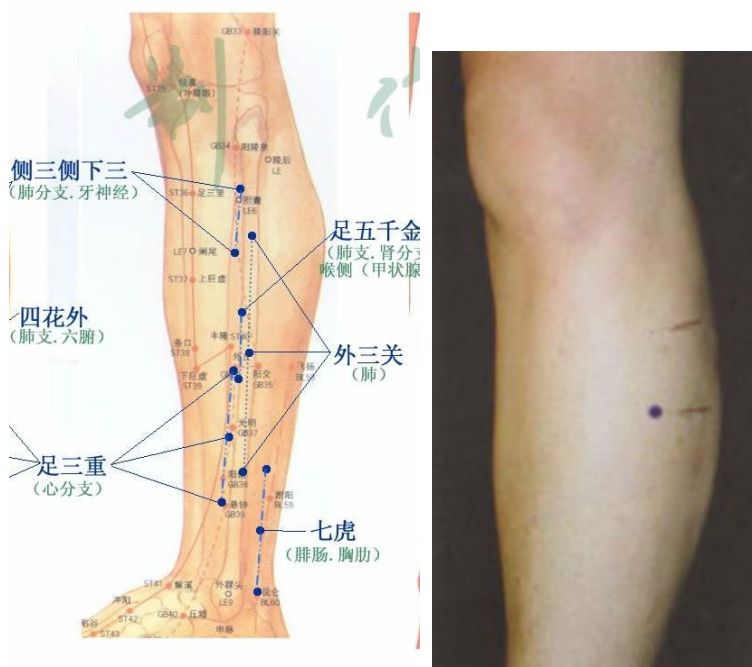
Image 附图：



Location 部位：	1.5 <i>Cun</i> lateral to SiHuaShang (77.08) . 在四花上穴向外横开一寸五分
Indications 主治：	Toothache and facial paralysis. 牙痛、面部麻痹
Location of the point 取穴：	Locate the point on the anterior border of the fibula, 1.5 <i>Cun</i> lateral to SiHuaShang (77.08) . 当胫骨前缘，即四花上穴向外横开一寸五分处是穴
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一半
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. CeSanLi (77.22) is often used in combination with CeXiaSanLi (77.23). 2. The function theory is the same as CeXiaSanLi (77.23). See below for explanation.

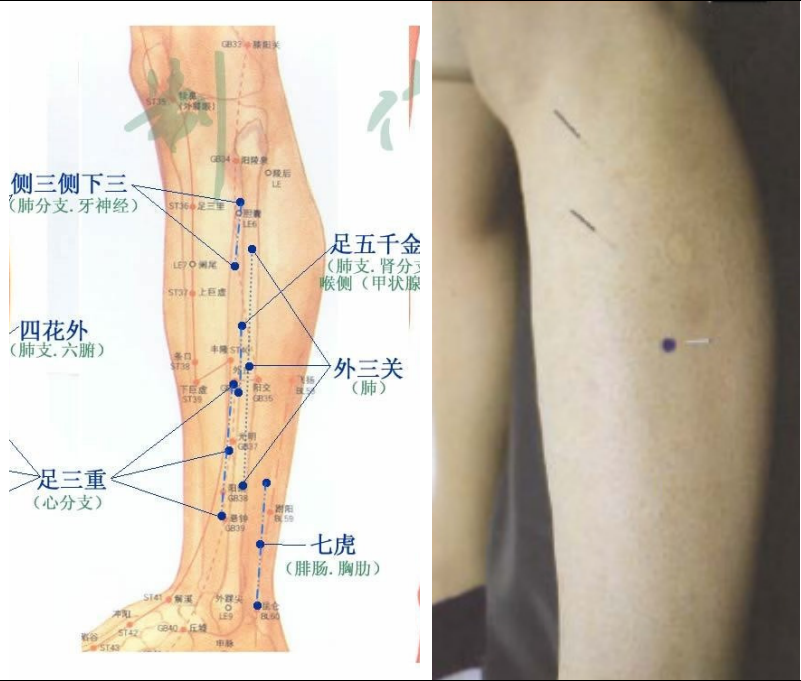
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77.23 *CeXiaSanLi* (Beside Lower Three Mile) 侧下三里穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2 <i>Cun</i> inferior to CeSanLi (77.22). 在侧三里穴直下二寸</p>
<p>Indications 主治 :</p>	<p>Toothache and facial paralysis. 牙痛、面部麻痹</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the anterior border of the fibula, 2 <i>Cun</i> inferior to CeSanLi (77.22). 当膝骨前缘, 即侧三里穴直下二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一半</p>
<p>Usage 运用:</p>	<p>CeSanLi (77.22) and CeXiaSanLi (77.23) are usually needled simultaneously to treat problems on the contralateral side. 侧三里穴与侧下三里穴同时取用, 但单足取穴; 治左取右穴; 治右取左穴</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> Besides treating the above conditions, the two points can treat migraines and trigeminal neuralgia with remarkable results. They are also very effective in treating sprain and strain in the wrist. 此二穴除治上述症状外; 治疗偏头痛、三叉神经痛, 尤为特效。治疗手腕扭伤疼痛, 效果亦极佳 The two points may markedly alleviate severe heel pain. 此二穴治疗脚跟痛不能着地, 效果亦佳 CeSanLi (77.22) is located beside ZuSanLi (ST 36); therefore, it is named beside <i>SanLi</i>. CeXiaSanLi (77.23) is located 2 <i>Cun</i> distal to CeSanLi (77.22). It is located between GB and ST channels; therefore, it is very effective in treating <i>ShaoYang</i> and <i>YangMing</i> combined syndromes, i.e. facial paralysis and trigeminal neuralgia.

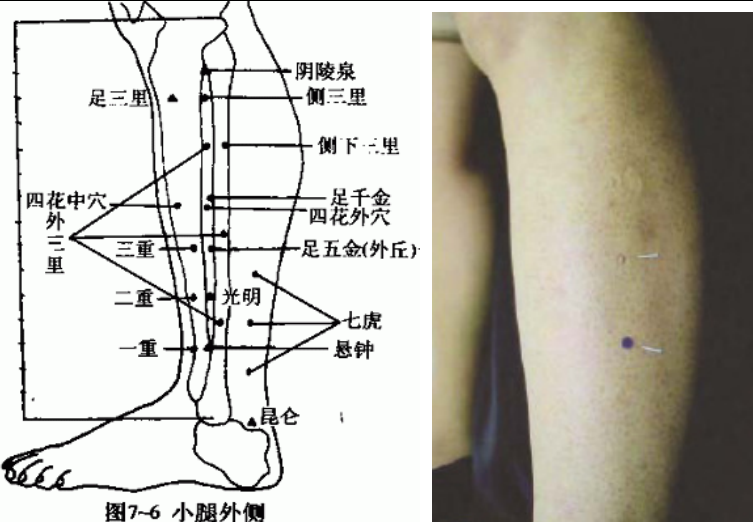
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77.24 ZuQianJin (Foot Thousand Metal) 足千金穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1/2 <i>Cun</i> lateral (posterior) and 2 <i>Cun</i> inferior to CeXiaSanLi (77.23). 在侧下三里穴外（后）开五分，再直下二寸</p>
<p>Indications 主治 :</p>	<p>Acute enteritis, fish bone stuck in the throat, pain in the shoulder and back, abscess in the throat, pharyngitis, tonsillitis and thyroid enlargement. 急性肠炎、鱼骨刺住喉管、肩及背痛、喉咙生疮、喉炎（火蛾病）、扁桃腺炎、甲状腺肿。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.5 <i>Cun</i> lateral and 2 <i>Cun</i> inferior to CeXiaSanLi (77.23). 在腓骨前缘，即侧下三里穴向后横开五分再直下二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.0-2 <i>Cun</i> deep. 针深一寸至二寸</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. ZuQianJin (77.24) is often used with ZuWuJin (77.25). 2. See below ZuWuJin (77.25) for detailed explanation.

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77.25 ZuWuJin (Foot Five Metal) 足五金穴

<p>Image 附图 :</p>	 <p style="text-align: center;">图7-6 小腿外侧</p>
<p>Location 部位 :</p>	<p>Two <i>Cun</i> directly inferior to ZuQianJin (77.24). 在足千金穴直下二寸</p>
<p>Indications 主治 :</p>	<p>Acute enteritis, fish bone stuck in the throat, pain in the shoulder and back, abscess in the throat, pharyngitis, tonsillitis and thyroid enlargement. 急性肠炎、鱼骨刺住喉管、肩及背痛、喉咙生疮、喉炎（火蛾病）、扁桃腺炎、甲状腺肿。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the anterior border of the fibula, 2 <i>Cun</i> directly inferior to ZuQianJin (77.24). 在腓骨前缘，即足千金穴直下二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸</p>
<p>Usage 运用:</p>	<p>ZuQianJin (77.24) and ZuWuJin (77.25) are usually selected together. In the treatment of tonsillitis, these points on both legs are needed; but for other conditions, a point on one leg only is selected. 足千金与足五金穴通常同时取穴，除治甲状腺炎可双足取针下针外，其他各症均单足取穴下针</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. The two points are mainly applied together for throat problems, but they are also indicated for such conditions as acute enteritis, pain in the shoulder and back. It can also treat plum pit throat. 足千金与足五金合用，以治疗喉部病变为主，除外还可治急性肠炎，肩及背痛 2. The two points are most effective for motor impairment of the shoulder and arm. Combine them with ShenGuan (77.18) to treat periarthritis of the shoulder. 此二穴治疗肩臂不能左右活动，尤其特效。配合肾关治五十肩极具特效 3. This point is named after Metal (<i>Jin</i>); it is related to Lung and Large Intestine. It can treat disorders of the Lung, throat, enteritis and pain in the shoulder and back.

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77.26 QiHu (Seven Tigers) 七虎穴

Image 附图：

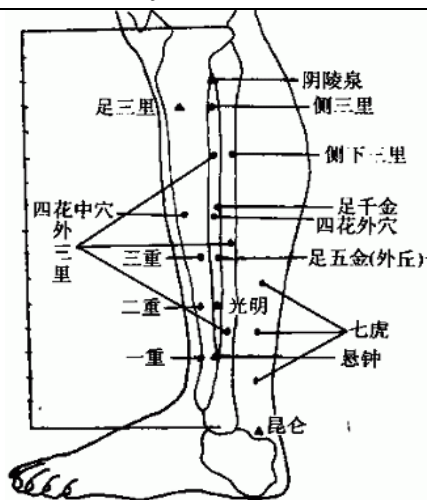


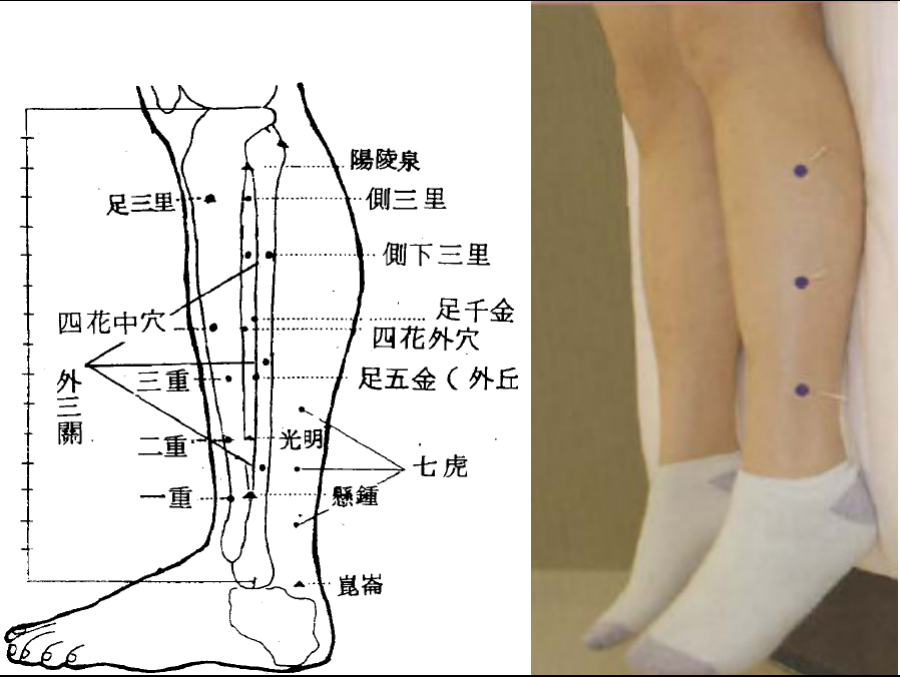
图7-6 小腿外侧



Location 部位：	1 ½ <i>Cun</i> posterior to the lateral malleolus. 在外踝后一寸半之直线上
Indications 主治：	Pain of the scapula, inflammation of the clavicle, swollen and painful ribs and pleurisy. 肩骨痛、锁骨炎、胸骨痛及肿胀、肋膜炎
Location of the point 取穴：	Locate the first point on the longitudinal line, 1.5 <i>Cun</i> posterior to lateral malleolus. Locate the second one 2 <i>Cun</i> superior to the first, and the third one 2 <i>Cun</i> superior to the second. 在外踝后一寸半之直线上取穴；当外踝尖直后一寸半之上二寸一穴，又上二寸一穴，再上二寸一穴，共三穴
Manipulation 手术：	Insert the needle 0.5-0.8 <i>Cun</i> deep. 针深五分至八分
Mechanism, Elucidation and Application: 发挥	This point is located between <i>TaiYang</i> and <i>ShaoYang</i> channels; it can treat pleurisy of <i>ShaoYang</i> origin. <i>TaiYang</i> is connected to the Lung; therefore, it treats pain of the scapula, the clavicle and sternum.


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77.27 *WaiSanGuan* (Outer Three Gate) 外三关穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the line connecting the head of the fibula and the process of the lateral malleolus. 在外踝尖与膝盖外侧高骨之直线上。</p>
<p>Indications 主治 :</p>	<p>Tonsillitis, tumor, cancer, pharyngitis, and pain in the shoulder and arm. 扁桃腺炎、喉炎、腮腺炎、肩臂痛, 各种瘤。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the rist point at the midpoint of the line connecting the head of the fibula and process of the lateral malleolus. Locate the second point at the midpoint between the head of the fibula and the first one, and the third at the midpoint between the first one and the process of the lateral malleolus. 当外踝尖与膝盖外侧高骨连线之中点一穴, 中点与该高骨之中点又一穴, 中点与外踝之中点又一穴。共三穴。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep. 针深一寸至一寸半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. Three points have the functions of the Lung, and can treat Lung related diseases, i.e. tonsillitis, pharyngitis and parotitis. They are especially indicated for external conditions and effectively treat acne. 外三关对于外科病变之疗效显著, 对于青春痘疗效亦佳; 外三关之中关穴还常用于治疗肩臂左右转动不适 2. The middle point of <i>WaiSanGuan</i> (77.27-2) is close to <i>ZuWuJin</i> (77.25). It treats skin problems and has treatment function of <i>ZuWuJin</i> (77.25); therefore, it is also used to treat motor impairment of the shoulder and arm. 3. It is also indicated for swollen and feverish sensation of the hands and arms, elbow pain (mainly relieved by needling the middle point) and trigeminal neuralgia. 外三关另外尚能治手红肿、手臂肿胀发热, 肘痛 (中穴为主), 三叉神经痛

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77.28 *GuangMing* (Bright Illumination) 光明穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1 <i>Cun</i> posterior to and 2 <i>Cun</i> superior to the medial malleolus. 在内踝尖直后一寸之上二寸处。</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. <i>GuangMing</i> (77.28) is indicated for muscae volitantes, glaucoma, astigmatism and cataract. It is often selected together with <i>ShenGuan</i> (77.18) and <i>RenHuang</i> (77.21). 2. <i>GuangMing</i> (77.28) is located at anterior to <i>FuLiu</i> (KI 7) right next to the bone, which is the mother point of KI channel; therefore, it has strong effect in tonifying Kidney. This point can also supplement the Water and moisturizing the Wood; it is very effective in treating eye diseases. That is why it is called <i>GuangMing</i> (bright eye). 此穴即肾经之复溜，除治疗眼散光及内障外，治疗多种眼病如飞蚊症、青光眼等亦有特效，常配肾关、人皇等穴应用。 <p>Commen: <i>GuangMing</i> (77.28) overlaps with <i>FuLiu</i> (KI 7). It is located anterior to <i>FuLiu</i> (KI 7) next to the bone.</p>

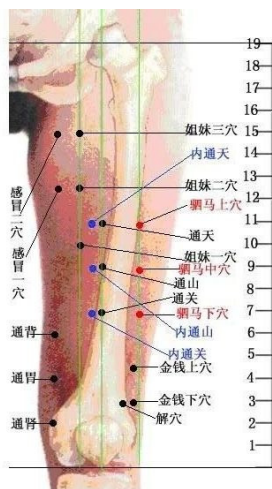
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Chapter 8 - Points of the Thigh (88.00) 第八章◎八八部位（大腿部位）

These extra points are some of Master Tung's best points. Their indication and usages have been described in Chapter 7.
系董氏奇穴之精华部位。主治及用法已于第七章述及，详见前章说明，在此从略。

88.01 TongGuan (Penetrating Gate) 通关穴

Image 附图：



Location 部位： On the anterior midline of the femur, 5 *Cun* superior to the knee crease. 在大腿正中线之股骨上距膝盖横纹上五寸

Indications 主治： Heart diseases, pericardiac pain, pain on both sides of the heart, rheumatic heart disease, dizziness, vertigo, palpitations, gastric disease, limb pain and cerebral anemia. 心脏病、心包络（心口）痛、心两侧痛、风湿性心脏病、头晕、眼花、心跳、胃病、四肢痛、脑贫血

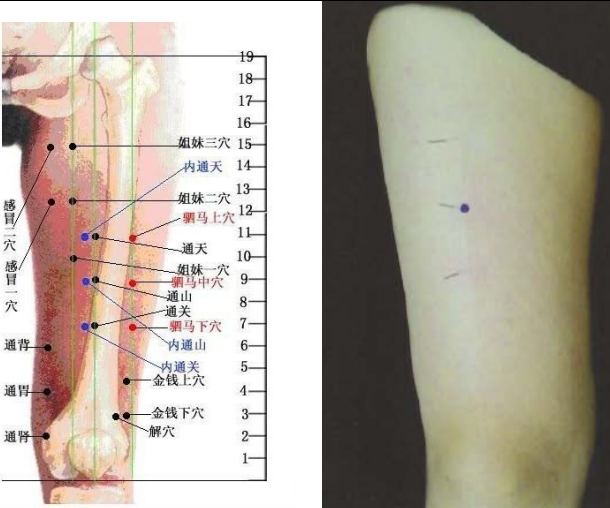
Location of the point 取穴： Locate the point on the anterior midline of the femur, 5 *Cun* superior to the knee crease. 当大腿正中线之股骨上，距膝盖横纹上五寸处是穴

Manipulation 手术： Insert the needle 0.3-0.5 *Cun* deep. 针深三分至五分

Mechanism, Elucidation and Application: 发挥 *TongGuan* (88.01) is often used in combination with *TongShan* (88.02) or *TongTian* (88.03) as *DaoMa* needling technique. It is an important point for treating heart diseases (including treating the functions of the Heart channel). The function of this point is the same as *TongShan* (88.02) and *TongTian* (88.03). See below on *TongShan* (88.02) and *TongTian* (88.03) for detailed explanation.

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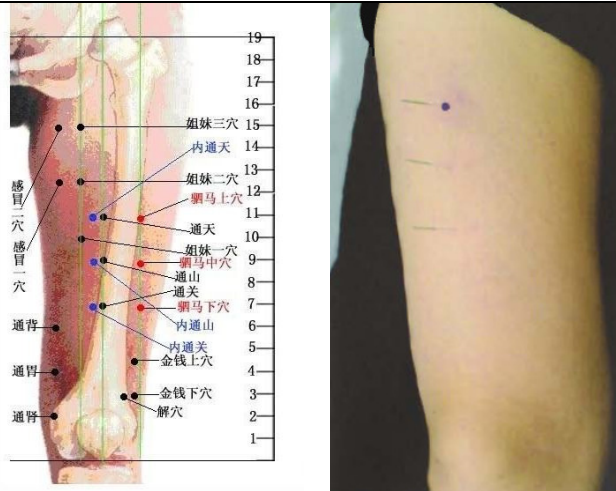
88.02 TongShan (Penetrating Mountain) 通山穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2 <i>Cun</i> superior to TongGuan (88.01) 在通关穴直上二寸</p>
<p>Indications 主治 :</p>	<p>Heart diseases, pericardiac pain, pain on both sides of the heart, rheumatic heart disease, dizziness, vertigo, palpitations, gastric disease, limb pain and cerebral anemia. 心脏病、心包络（心口）痛、心两侧痛、风湿性心脏病、头晕、眼花、心跳、胃病、四肢痛、脑贫血</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the anterior midline of the femur, 2 <i>Cun</i> superior to TongGuan (88.01). 当大腿正中线之股骨上，距通关穴上二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-0.8 <i>Cun</i> deep. 针深五分至八分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>TongGuan (88.01), TongShan (88.02) and TongTian (88.03) are essential points in the treatment of the heart diseases and circulation problems. Since FuTu (ST 32), a converging point, is on the midpoint of the line connecting TongGuan (88.01) and TongShan (88.02) (see <i>ZhenJiuDaCheng</i>). The Stomach channel runs through these three points; therefore, they have similar function..</p>

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88.03 TongTian (Penetrating Heaven) 通天穴

Image 附图：



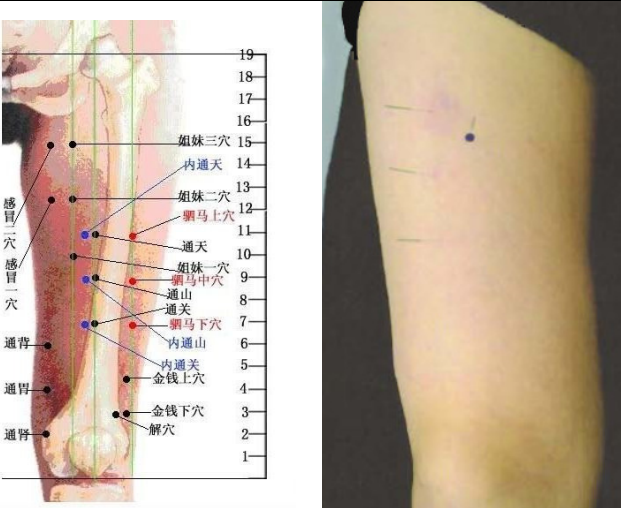
Location 部位：	4 <i>Cun</i> superior to TongGuan (88.01) 在通关穴直上四寸
Indications 主治：	Heart diseases, pericardiac pain, pain on both sides of the heart, rheumatic heart disease, dizziness, vertigo, palpitations, gastric disease, limb pain and cerebral anemia. 心脏病、心包络（心口）痛、心两侧痛、风湿性心脏病、头晕、眼花、心跳、胃病、四肢痛、脑贫血
Location of the point 取穴：	Locate the point on the anterior midline of the femur, 4 <i>Cun</i> directly superior to TongGuan (88.01) . 当大腿正中线之股骨上，距通关穴直上四寸处是穴
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸
Remarks 说明：	Needling TongGuan (88.01) , TongShan (88.02) and TongTian (88.03) on both thighs is contraindicated. Usually one or two points are selected. For hypertensive patients, needling is only performed on two of the three points on both thighs. 通关、通山、通天三穴不能双足六穴同时下针，仅能各取一穴至二穴下针，高血压者双足只许各取一穴
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. TongGuan (88.01), TongShan (88.02) and TongTian (88.03) three points are the essential points for treating heart diseases and Heart channel disorders. 通关、通山、通天三穴为治疗心脏病及血液循环要穴 2. Besides treating the above conditions, they are indicated for edema of the lower limbs. TongTian (88.03) is for knee pain when selected alone. 除上述各证外，尚可治疗下肢浮肿，通天穴单用治膝盖痛亦甚效 3. The three points are most effective in the treatment of gastric diseases. For severe cases, the bleeding method is used first, and then acupuncture follows: a quick response is found. These three points are also remarkably effective for morning sickness. 通关、通山、通天治疗胃病，疗效亦佳。重症胃病刺血后再针此穴，疗效更佳。此穴组治妊娠呕吐亦有特效 4. I have performed acupuncture on the three points to effectively treat finger pain, erysipelas and weakness of legs caused by rheumatism. 5. The <i>Guan</i> (Gate) in TongGuan (88.01) implies it penetrates <i>NeiGuan</i> (Inner Gate PC 6), and that is why it has good effect in strengthening the Heart and regulating the blood circulation. Also, TongTian (88.03) which is named "<i>Tian</i>" meaning "heaven" is located upper of the three points, it implies penetrating heart. The three points are indicated for angiocardopathy. These three points are on the Stomach channel and beside the Stomach channel, in accordance with "ST channel is connected

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	<p>with the Pericardium channel"; it has good results in treating Heart diseases.</p> <p>6. Master Tung liked to utilize the "theory of spleen and stomach", these three points are located next to the stomach channel, between the SP and ST channel; therefore it can tonify the Stomach and the Spleen. They pass through the Son (Earth) to tonify the Mother (Fire); therefore, they can strengthen the Heart.</p> <p>7. This point includes FuTu (ST 32), it is the converging point of the vessels and channels (see <i>ZhenJiuDaCheng</i>); therefore, it has good results in regulating blood circulation. 盖伏兔穴为脉络之会（见《针灸大成》）即在通关、通山连线中央点上， 经络（均隶属胃经）相同，部位毗邻，因此效果近似。</p> <p>8. If there's pain in certain part of the body, select a special point to treat that area. If the whole body aches, regulate the blood circulation, and good results can be achieved by using this three-point combination. 曾用此穴治手指痛、丹毒、腿风湿无力，疗效颇佳</p>
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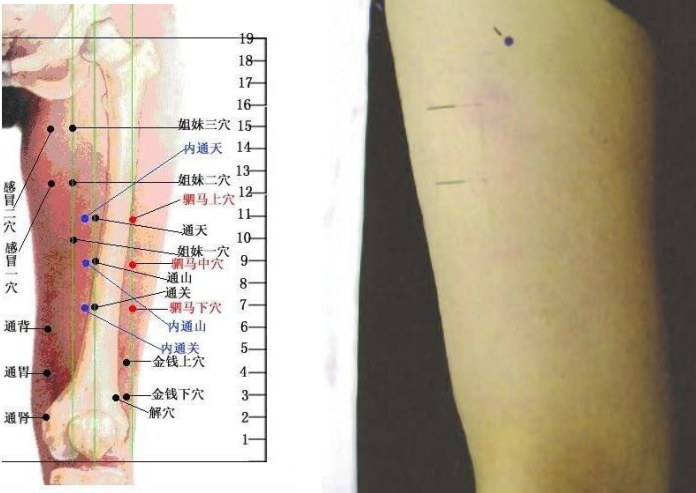
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88.04 JieMeiYi (Sister One) 姐妹一穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1 <i>Cun</i> medial to and 1 <i>Cun</i> superior to TongShan (88.02). 在通山穴向内横开一寸后向上一寸</p>
<p>Indications 主治 :</p>	<p>Tumors of the uterus, metritis, irregular menstruation, vaginal itching, intestinal pain and gastric hemorrhage. 子宫瘤、子宫炎、月经不调、经期不定、子宫痒、肠痛、胃出血</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 1 <i>Cun</i> medial to and 1 <i>Cun</i> superior to TongShan (88.02). 当通山穴向内侧横开一寸再直上一寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-2.5 <i>Cun</i> deep. 针一寸半至二寸半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See JieMeiEr (88.05) and JieMeiSan (88.06).</p>

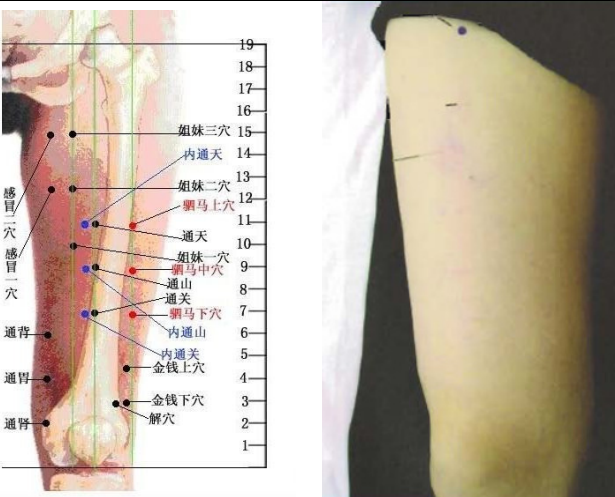
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88.05 JieMeiEr (Sister two) 姐妹二穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2.5 <i>Cun</i> above JieMeiYi (88.04). 在姐妹一穴直上二寸半</p>
<p>Indications 主治 :</p>	<p>Tumors of the uterus, metritis, irregular menstruation, vaginal itching, intestinal pain and gastric hemorrhage. 子宫瘤、子宫炎、月经不调、经期不定、子宫痒、肠痛、胃出血</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 2.5 <i>Cun</i> superior to JieMeiYi (88.04) 当姐妹一穴直上二寸半处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2.5 <i>Cun</i> deep. 针一寸半至二寸半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. JieMeiYi (88.04), JieMeiEr (88.05) and JieMeiSan (88.06) are often used together as <i>DaoMa</i> needling technique. 2. See JieMeiSan (88.05) for theory explanation.

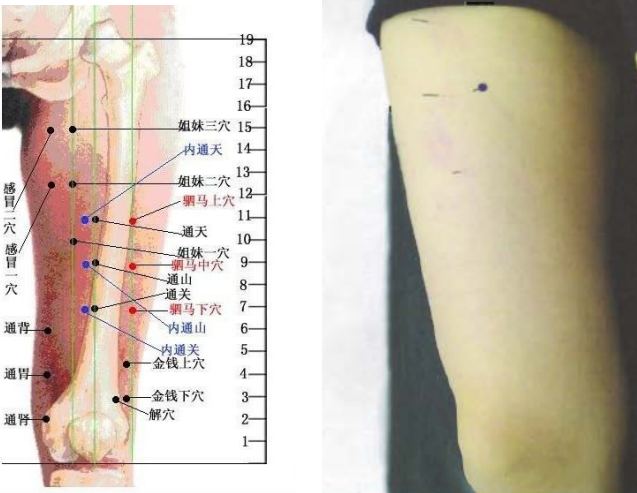
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88.06 JieMeiSan (Sister three) 姐妹三穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2.5 <i>Cun</i> above JieMeiEr(88.05) 在姐妹二穴直上二寸半</p>
<p>Indications 主治 :</p>	<p>Tumors of the uterus, metritis, irregular menstruation, vaginal itching, intestinal pain and gastric hemorrhage. 子宫瘤、子宫炎、月经不调、经期不定、子宫痒、肠痛、胃出血</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 2.5 <i>Cun</i> superior to JieMeiEr (88.05). 当姐妹二穴直上二寸半处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2.5 <i>Cun</i> deep. 针深一寸半至二寸半</p>
<p>Usage 运用:</p>	<p>The six point of JieMeiYi (88.04), JieMeiEr (88.05) and JieMeiSan (88.06) on both thighs are usually selected simultaneously. 三姐妹穴两腿六穴通常同时取穴下针</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. These three points are markedly effective for gynecological diseases. But now they are replaced by FuKe (11.24) or HuanChao (11.06) of the palm area. 姐妹一、二、三穴治疗妇科病确有效验，但目前则以手掌之妇科穴或还巢穴替代 2. This combination of points can also be used to treat leucorrhea with reddish discharge. 3. Master Tung thought the "Three Sister Points" function as Kidney. Because they are closed to the Spleen channel; therefore, they can tonify Spleen and Kidney. That's why they are very good in treating gynecological problems, hence are called "Sister Points".

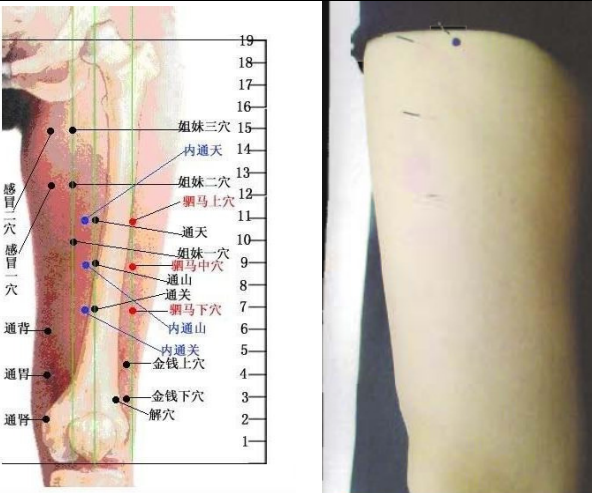
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88.07 GanMaoOne (Common Cold One) 感冒一穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1 <i>Cun</i> medial to JieMeiEr(88.05) 在姐妹二穴向里横开一寸</p>
<p>Indications 主治 :</p>	<p>Severe common cold, high fever and chill, and headache due to common cold. 重感冒、发高烧、发冷、感冒头痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 1 <i>Cun</i> medial to JieMeiEr (88.05). 当姐妹二穴向里横开一寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.8-1.5 <i>Cun</i> deep. 针深八分至寸半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>GanMaoYi (88.07) and GanMaoEr (88.08) actually function to alleviate common cold symptoms. Master Tung often used these two points (since it was common to needle through the clothing over 30 years ago, it was not inconvenient to use these points in those days). They are located on the thigh, however, it is inconvenient to needle.</p> <p>Now, SanChaSan (A.04), LingGu (22.05) and DaBai (22.06) are usually needled together to treat common cold. For severe cases, bleed ShaoShang (LU 11) and ShangYang (LI 1); combine with needling QuChi (LI 11) to obtain a quick response.</p> <p>感冒穴对感冒确能收到减轻症状之效，但位于大腿上部，取穴略有不便，目前多以三叉一穴配灵骨大白治疗，重症可于少商、商阳点刺，配针曲池，疗效更佳</p>

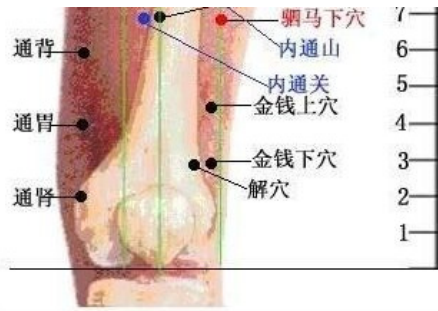
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88.08 GanMaoEr (Common Cold Two) 感冒二穴

Image 附图 :	
Location 部位 :	1 <i>Cun</i> medial to JieMeiSan(88.06) 在姐妹三穴向里横开一寸
Indications 主治 :	Severe common cold, high fever and chill, and headache due to common cold. 重感冒、发高烧、发冷、感冒头痛
Location of the point 取穴 :	Locate the point 1 <i>Cun</i> medial to JieMeiSan (88.06) or 2.5 <i>Cun</i> superior to GanMaoYi (88.07) . 当姐妹三穴向里横开一寸，亦即感冒一穴直上二寸半处是穴
Manipulation 手术 :	Insert the needle 0.8-1.5 <i>Cun</i> deep. 针深八分至寸半
Usage 运用:	GanMaoYi (88.07) and GanMaoEr (88.08) are usually selected simultaneously. The needles are inserted obliquely towards the center of the thigh. 感冒一、感冒二穴同时取穴，针向腿中心斜刺
Mechanism, Elucidation and Application: 发挥	These two points are located on the Spleen channel (foot- <i>TaiYin</i>). They are communicated to the Lung Channel (hand- <i>TaiYin</i>) because they are channels of the same name. Hence, these two GanMao points are effective in treating Lung problems. They are located on the thigh, which is the mirror image of the lungs and chest; therefore, they are effective in treating common cold. But I use the hand points now, because they are more convenient to use, and they are quite effective in treating common cold symptoms.

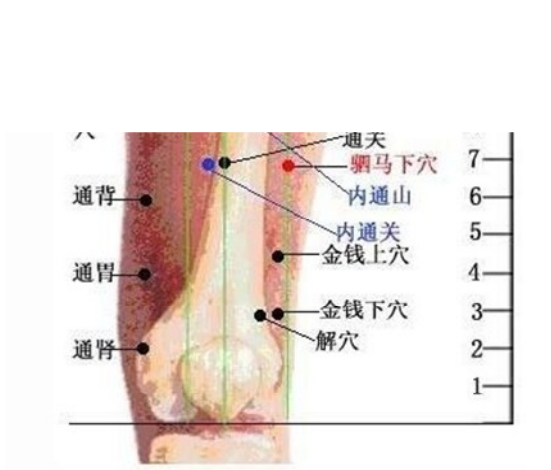
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88.09 TongShen (Penetrating Kidney) 通肾穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>On the superior border of the medial knee cap. 在膝盖内侧上缘</p>
<p>Indications 主治 :</p>	<p>Impotence, premature ejaculation, stranguary syndrome, nephritis, diabetes, dizziness and lower back pain due to deficiency in the Kidney, renal rheumatism, uterine pain and leucorrhea with reddish discharge. 阳萎、早泄、淋病、肾脏炎、糖尿病、肾亏之头晕腰痛、风湿病、子宫痛、妇科赤白带下。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the depression of the superior border of the medial knee cap. 当膝盖内侧上缘之陷处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See TongBei (88.11) for explanation.</p>


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88.10 TongWei (Penetrating Stomach) 通胃穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2 <i>Cun</i> superior to TongShen (88.09) 在通肾穴上二寸</p>
<p>Indications 主治 :</p>	<p>Same as TongShen (88.09) and also indicated for back pain. Impotence, premature ejaculation, strangury syndrome, nephritis, diabetes, dizziness and lower back pain due to deficiency in the Kidney, renal rheumatism, uterine pain and leucorrhea with reddish discharge. 同通肾穴，又治背痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 2 <i>Cun</i> superior to the superior border of the medial knee cap, or 2 <i>Cun</i> superior to TongShen (88.09). 在膝盖内侧上缘之上二寸，即通肾穴之上二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See TongBei (88.11) for explanation.</p>

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88.11 TongBei (Penetrating Back) 通背穴

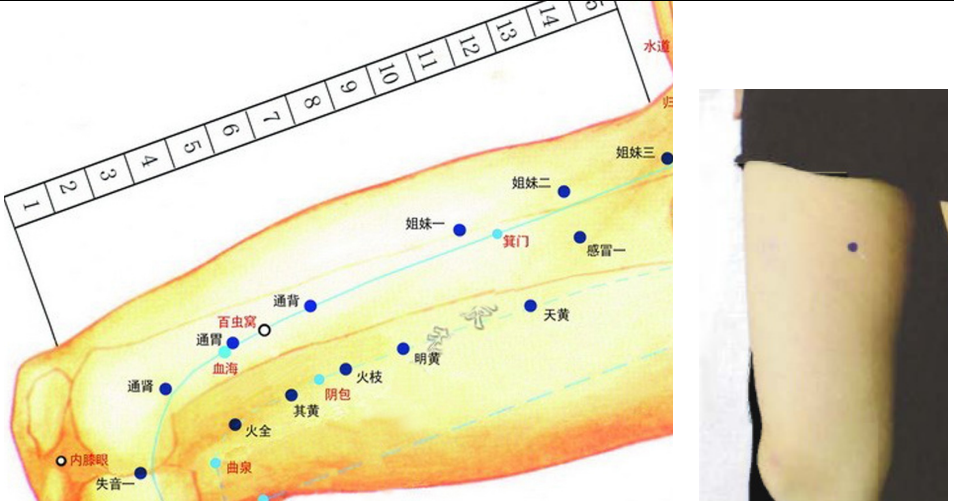
Image 附图：	
Location 部位：	4 <i>Cun</i> superior to TongShen (88.09) . 在通肾穴之上四寸
Indications 主治：	Same as TongShen (88.09) and also indicated for back pain. Impotence, premature ejaculation, strangury syndrome, nephritis, diabetes, dizziness and lower back pain due to deficiency in the Kidney, renal rheumatism, uterine pain and leucorrhea with reddish discharge. 同通肾穴，又治背痛
Location of the point 取穴：	Locate the point 4 <i>Cun</i> superior to TongShen (88.09) or 2 <i>Cun</i> superior to TongWei (88.10) . 在通肾穴直上四寸，即通胃穴直上二寸处是穴
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一半
Usage 运用：	<ol style="list-style-type: none"> 1. Usually two of the three points, TongShen (88.09), TongWei (88.10) and TongBei (88.11) or four points on both thighs are selected simultaneously. It is contraindicated to needle three points at the same time. 通肾、通胃、通背三穴可任取二穴（两腿四穴）配针，禁忌三穴同时下针 2. Any of the three points can be selected as the auxiliary one in the treatment of other conditions. 通肾、通胃、通背三穴可任取一穴为治疗其他各症之补针 3. Any of the three points can be selected as the auxiliary one in the treatment of a threatened miscarriage. Continuous treatment performed for 15 days prevents threatened miscarriage. 通肾、通胃、通背三穴可任取一穴为治疗妇人流产之补针，连续治疗半月即无流产之虞
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. These three points are all located on the line of the dorso-ventral boundary of the medial thigh. They function to alleviate water retention and strengthen the Kidney. 通肾、通胃、通背均位于大腿内侧黑白肉际之棱线上，利水补肾之效甚强 2. Besides treating the above conditions, TongShen (88.09) is also indicated for thirst and sore throat. 通肾穴除治疗上述证状外，还可治疗口干、喉痛 3. Acupuncture performed to the three points is most effective for nephritis, puffy face, general edema, limb edema, and red hot instep. Six points on both sides can be selected simultaneously. 上述三穴配合主治肾脏炎、脸浮肿、全身浮肿、四肢浮肿、脚背红肿极为有效，两侧六针齐下，并无大碍。

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	<p>4. These three points function to relieve pain of the acromion. Quick response for stomach diseases is seen by needling <i>TongWei (88.10)</i> alone. <i>TongBei (88.11)</i> is especially effective for back pain. 上述三穴治疗肩峰痛亦极有效。通胃穴单治胃病可立即见效；通背穴治背痛极效</p> <p>5. The three points are located at the line of medial knee cap. Insert the needle perpendicularly to the Spleen channel. Master Tung was used to performing the point of the Spleen channel to treat Kidney problems, it function to strengthen Earth and restrain Water, and it is effective for edema.</p> <p>6. Master Tun thought these points function to the Kidney and needle to the Spleen channel, therefore, they are indicated for deficiency of the Spleen and Kidney. It is also effective for albuminuria and diabetes, because both diseases are due to deficiency of the Spleen and Kidney.</p>
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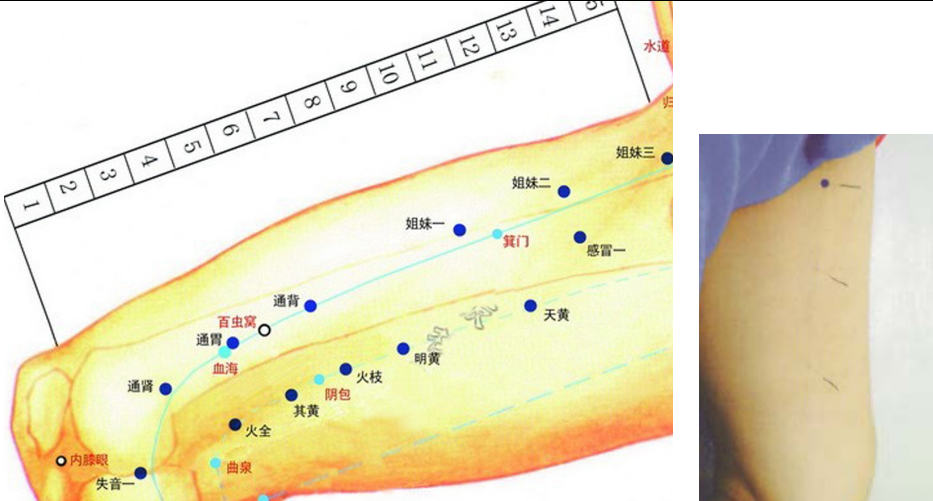
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88.12 MingHuang (Bright Yellow) 明黄穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the center of the medial aspect of the thigh. 在大腿内侧之正中央</p>
<p>Indications 主治 :</p>	<p>Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the Liver, soreness of the lower back, blurred vision, eye pain, hepatalgia, indigestion and leukemia (very effective). 肝硬化、肝炎、骨骼胀大、脊椎长芽骨（脊椎骨膜炎）、疲劳、腰酸、眼昏、眼痛、肝痛、消化不良、白血球症（特效）。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the center of the medial aspect of the thigh. 当大腿内侧之中央点是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2.5 Cun deep. 针深一寸半至二寸半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See QiHuang (88.14) for detailed explanation.</p>

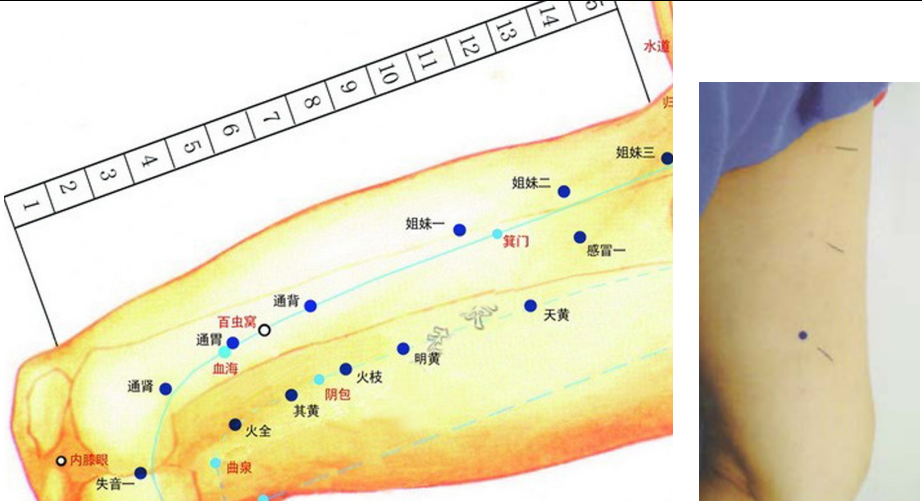
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88.13 TianHuang (Heavenly Yellow) 天黄穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Three <i>Cun</i> above MingHuang (88.12) 在明黄穴上三寸</p>
<p>Indications 主治 :</p>	<p>Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the Liver, soreness of the lower back, blurred vision, eye pain, hepatalgia, indigestion and leukemia (very effective). 肝硬化、肝炎、骨骼胀大、脊椎长芽骨（脊椎骨膜炎）、疲劳、腰酸、眼昏、眼痛、肝痛、消化不良、白血球症（特效）。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 3 <i>Cun</i> superior to MingHuang (88.12). 当明黄穴直上三寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2.5 <i>Cun</i> deep. 针深一寸五分至二寸五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See QiHuang (88.14) for detailed explanation.</p>

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88.14 QiHuang (Its Yellow) 其黄穴

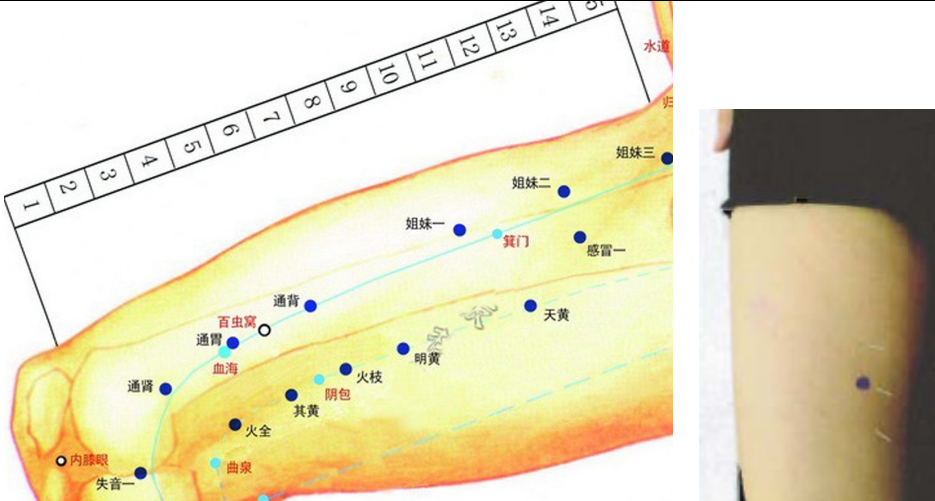
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Three <i>Cun</i> below MingHuang (88.12) 在明黄穴直下三寸</p>
<p>Indications 主治 :</p>	<p>Jaundice and indications of MingHuang (88.12). Hepatocirrhosis, hepatitis, enlargement of bones, spinal periostitis, fatigue due to hypofunction of the Liver, soreness of the lower back, blurred vision, eye pain, hepatalgia, indigestion and leukemia (very effective). 黄胆病及明黄穴主治各症</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 3 <i>Cun</i> inferior to MingHuang (88.12). 当明黄穴直下三寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2 <i>Cun</i> deep. 针深一寸五分至二寸</p>
<p>Usage 运用:</p>	<p>Acupuncture performed on TianHuang (88.13), MingHuang (88.12) and QiHuang (88.14) simultaneously treats hepatitis, hepatocirrhosis, enlargement of bones and problems due to hypofunction of the Liver, splenokeratosis, and abscess on the tongue. 天黄、明黄、其黄三穴同时取穴下针主治肝炎、肝硬化、骨骼胀大等各证, 脾硬化、舌疮。</p>
<p>Remarks 说明 :</p>	<p>MingHuang (88.12) and QiHuang (88.14) and TianHuang (88.13) are on the Liver channel and the medial thigh. 明黄、其黄、天黄位于大腿内侧厥阴经线上 (肝经)。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. When they are selected simultaneously, the three points are called the ShangSanHuang (three upper Huang points), chiefly indicated for liver diseases and for manifestations of Liver organ function disorders. For acute hepatitis, it is more important to needle GanMen (33.11) and ChangMen (33.10) first. 天黄、明黄、其黄三穴合用简称上三黄, 为治疗肝脏病变之主要穴道, 对于急性肝炎, 则以先针肝门、肠门为要。 2. The three points are effective for cervical spur and lumbar spur. 上三黄穴治疗颈椎骨刺、腰椎骨刺、疗效亦佳 3. They are also indicated for hematosis: such as hyperleukocytosis, aplastic anemia, tooth-gum and nose bleeding, because they can regulate the functions of the Liver and Spleen. 透过调整肝脾之作用, 治血液病效果极佳, 如白血球过多, 再生障碍性贫血, 齿衄、鼻衄等。 4. Through the function of "calm the liver to extinguish wind", they are effective to some extent for Meniere's syndrome (severe vertigo), Parkinson's disease, and cholera. When ShenGuan (77.18) and FuLiu (KI 7) are combined with them, the result is much better. They are also effective in treating insomnia. 透过平肝熄风之作用, 治疗美尼尔症 (重

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	<p>性头晕)、帕金森症、舞蹈病亦有一定疗效,配肾关、复溜疗效更好</p> <p>5. The Liver channel is in charge of Wind. Since moving pain is resulted from Wind condition, it is effective to treat moving pain with this point.</p> <p>6. MingHuang (88.12) and QiHuang (88.14) and TianHuang (88.13) are on the Liver channel; therefore, they are very effective in treating Liver channel disorders. According to Master Tung's theory on channel functions, this point functions as Liver, Kidney and Heart. The treatment effect is dependent on the depth of the needling to reach to different organs. This point is effective in treating blood disorders and lumbar problems due to Kidney deficiency. From imaging the upper, middle and lower part of the body; MingHuang (88.12) and QiHuang (88.14) and TianHuang (88.13) can treat the whole body.</p>
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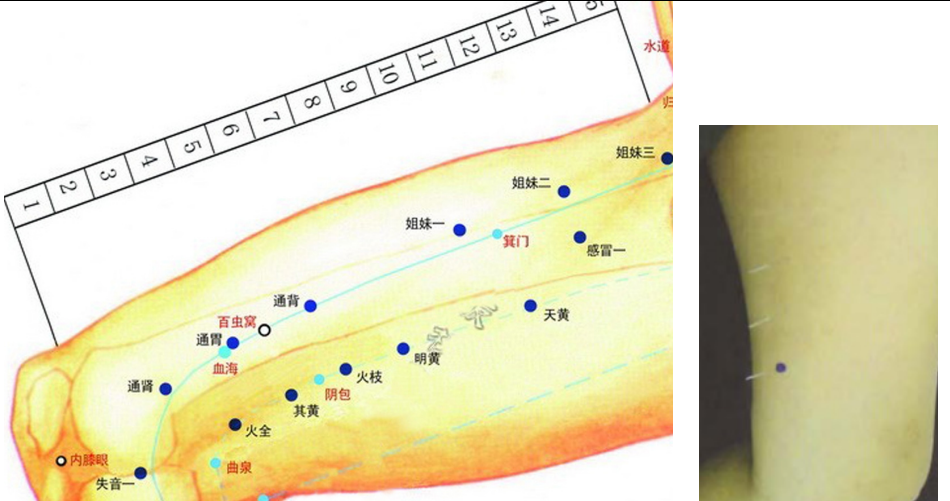
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88.15 *HuoZhi* (Fire Branch) 火枝穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1.5 <i>Cun</i> superior to QiHuang (88.14). 在其黄穴上一寸半</p>
<p>Indications 主治 :</p>	<p>Jaundice, dizziness caused by it, blurred vision, back pain and cholecystitis. 黄胆病、黄胆病之头晕、眼花及背痛、胆囊炎</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 1.5 <i>Cun</i> superior to QiHuang (88.14). 当其黄穴直上一寸五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2 <i>Cun</i> deep. 针深一寸五分至二寸</p>
<p>Usage 运用:</p>	<p>Acupuncture performed on MingHuang (88.12), HuoZhi (88.15) and QiHuang (88.14) simultaneously treats jaundice and cholecystitis. 明黄、火枝、其黄三穴同时下针治黄胆病、胆炎</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See HuoQuan (88.16) for detailed explanation.</p>

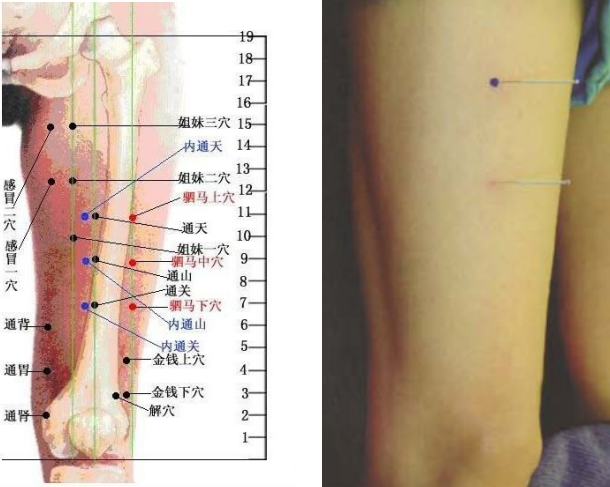
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88.16 *HuoQuan* (Fire Complete) 火全穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1.5 <i>Cun</i> inferior to QiHuang (88.14) 在其黄穴直下一寸五分</p>
<p>Indications 主治 :</p>	<p>Same as HuoZhi (88.15). Also indicated for spinal pain. 同火枝穴, 并治脊椎骨痛及足跟痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 1.5 <i>Cun</i> inferior to QiHuang (88.14).</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1.5-2 <i>Cun</i> deep. 针深一寸五分至二寸</p>
<p>Usage 运用:</p>	<p>HuoQuan (88.16) is selected as the primary point with QiHuang (88.14) and HuoZhi (88.15) as secondary points to treat jaundice, cholecystitis and pain due to cholelithiasis. HuoQuan (88.16), selected alone, treats spinal and heel pain. 火全穴配合其黄、火枝穴下针, 亦可治黄胆病、胆炎及胆结石止痛, 火全穴单独取穴治脊椎骨及足跟痛</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. Acupuncture performed on HuoQuan (88.16), QiHuang (88.14) and HuoZhi (88.15) treats the above conditions well. Because of its easy application, at present, MuZhi (1010.18) on the face is usually selected to replace them in the treatment of cholecystitis. Or replace with exteriorly-interiorly (<i>BiaoLi</i>) correspondence points ZhongJiuLi (88.25) and QiLi (A.01). 火全、其黄、火枝三穴治上述各病确有特效, 但由于取穴之便, 目前治胆囊病变多以面部之木枝穴取代 2. Combine HuoQuan (88.16), HuoZhi (88.15) and ShenGuan (77.18) to treat epilepsy, because they can treat Spleen and Kidney at the same time. 3. HuoZhi (88.15) and HuoQuan (88.16) are located above and below QiHuang (88.14), also on the Liver channel and belong to a branch of the Liver channel. Since Liver and Gallbladder have the <i>BiaoLi</i> (exteriorly-interiorly) relationship, they can be used to treat Gallbladder disorders.

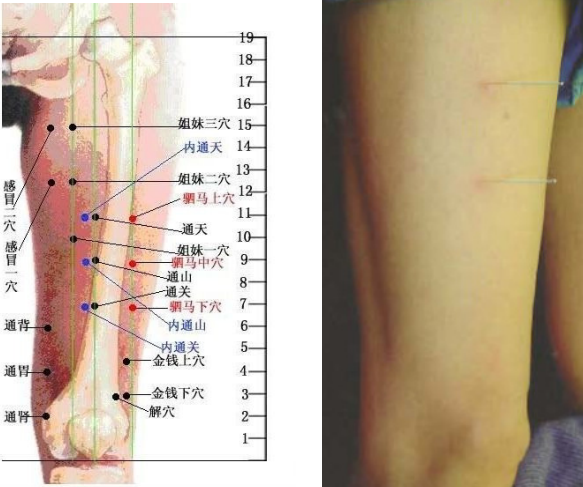
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88.17 SiMaZhong (Rapid Horse Center) 驷马中穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>3 <i>Cun</i> anterior to the spot touched by one's middle fingertips when one is standing erectly with his hands at his sides. 直立、两手下垂, 中指尖所至之处向前横开三寸</p>
<p>Indications 主治 :</p>	<p>Hypochondriac pain, back pain, sciatica and lower back pain due to hypofunction of the Lung, pneumonia, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, dermatitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis and strain of the lower limbs. 肋痛、背痛、坐骨神经痛及腰痛、肺弱、肺病、胸部被打击后而引起之胸背痛、肋膜炎、鼻炎、耳聋、耳鸣、耳炎、面部神经麻痹、眼发红、哮喘、乳房疼特效、半身不遂、牛皮癣、皮肤病。治下肢扭伤</p>
<p>Location of the point 取穴 :</p>	<p>3 <i>Cun</i> anterior to the spot touched by one's middle fingertips when one is standing erectly with his hands at his sides. 直立、两手下垂、中指尖所至之处向前横开三寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.8-2.5 <i>Cun</i> deep. 针深八分至二寸五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See SiMaXia (88.19) for detailed explanation.</p>

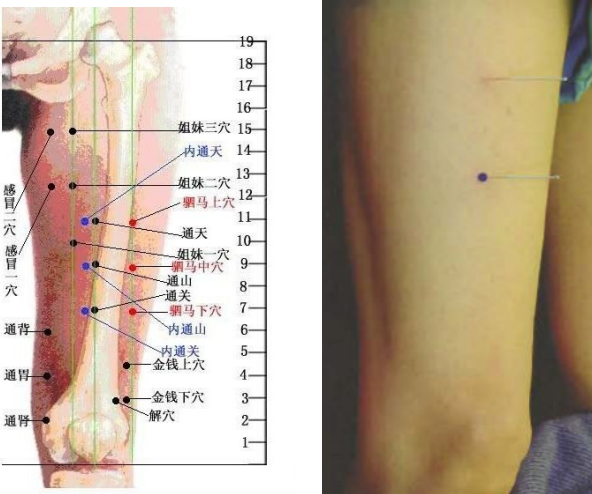
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88.18 SiMaShang (Rapid Horse Upper) 驷马上穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>2 <i>Cun</i> superior to SiMaZhong (88.17) 在驷马中穴直上二寸</p>
<p>Indications 主治 :</p>	<p>Hypochondriac pain, back pain, sciatica and lower back pain due to hypofunction of the Lung, pneumonia, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, dermatitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis and strain of the lower limbs. 肋痛、背痛、坐骨神经痛及腰痛、肺弱、肺病、胸部被打击后而引起之胸背痛、肋膜炎、鼻炎、耳聋、耳鸣、耳炎、面部神经麻痹、眼发红、哮喘、乳房疼特效、半身不遂、牛皮癣、皮肤病。治下肢扭伤</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 2 <i>Cun</i> superior to SiMaZhong (88.17) 当驷马中穴直上二寸处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.8-2.5 <i>Cun</i> deep. 针深八分至二寸五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See SiMaXia (88.19) for detailed explanation.</p>

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88.19 SiMaXia (Rapid Horse Lower) 驷马下穴

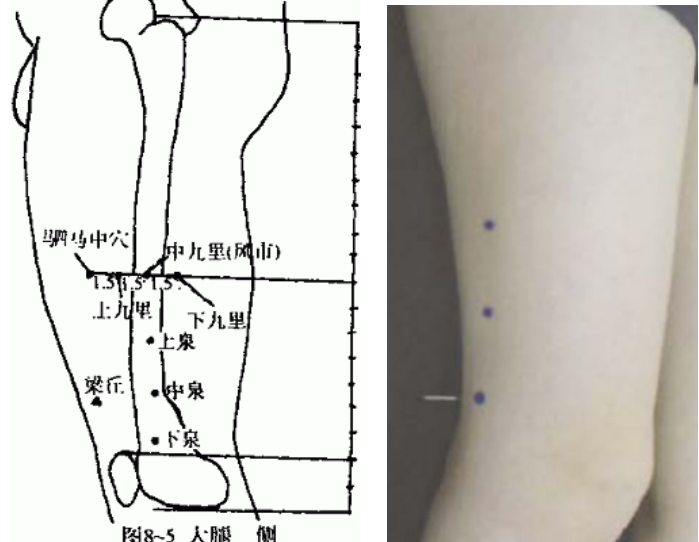
Image 附图：	
Location 部位：	2 <i>Cun</i> inferior to SiMaZhong (88.17) 在驷马中穴直下二寸处是穴
Indications 主治：	Hypochondriac pain, back pain, sciatica and lower back pain due to hypofunction of the Lung, pneumonia, tuberculosis, chest and back pain due to injury, pleurisy, rhinitis, deafness, tinnitus, otitis, dermatitis, facial paralysis, congested eyes, asthma, breast pain (most effective), hemiplegia, psoriasis, dermatosis and strain of the lower limbs. 肋痛、背痛、坐骨神经痛及腰痛、肺弱、肺病、胸部被打击后而引起之胸背痛、肋膜炎、鼻炎、耳聋、耳鸣、耳炎、面部神经麻痹、眼发红、哮喘、乳房疼特效、半身不遂、牛皮癣、皮肤病。治下肢扭伤
Location of the point 取穴：	Locate the point 2 <i>Cun</i> inferior to SiMaZhong (88.17).
Manipulation 手术：	Insert the needle 0.8-2.5 <i>Cun</i> deep. 针深八分至二寸五分
Usage 运用：	In the treatment of hypochondriac pain, back pain and sciatica, the three points on one side are selected. For other conditions, the six points from both sides are selected. 治肋痛、背痛、坐骨神经痛单足取上、中、下三穴，其余各症两脚六针同时取之。
Remarks 说明：	SiMaZhong (88.17), SiMaShang (88.18) and SiMaXia (88.19) are located on the extending line of the superior border of the lateral knee cap. According to my experience, SiMaZhong (88.17) should be 3.5 <i>Cun</i> anterior to FengShi (GB 31). 驷马上中下三穴位于膝盖骨外上缘之延伸线上，驷马中穴据经验，应于胆经风市穴向前（向阳明经）横开三寸半之穴点为宜
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. The three points are most effective for Lung syndromes, rhinitis, psoriasis and acne; and they are effective for dermatosis. In addition, they are indicated for conjunctivitis, goiter, ear problems, tinnitus and poor hearing. 驷马三穴为治疗肺脏病候群之特效要穴，治疗鼻炎、牛皮癣、青春痘均有特效，对于各类皮肤病效果亦佳。另外治疗结膜炎。甲状腺肿亦有卓效。耳病（耳鸣、重听）亦有卓效 2. They are also effective for chest pain and hypochondriac pain involving the back. 本穴治疗胸痛、胸肋痛、胸连背痛均有效 3. They are important points to tonify and regulate <i>Qi</i>. They can treat a lot of disorders because of their function of tonifying and regulating <i>Qi</i>. 4. For treating dermatological problems, ZhiSiMa (11.07 – on the index finger), Mu (11.17); and SiMa points (on the thigh) are used because they

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	<p>are all located on the <i>YangMing</i> channel, which have more <i>Qi</i> and more Blood; hence are effective in regulating <i>Qi</i> and Blood.</p> <ol style="list-style-type: none"> 5. According to the body correspondence theory "use skin to treat skin", it is often substituted with "use muscle to treat skin". The thigh has thick muscles; therefore, it is very effective in treating skin disorders. They have the similar function as <i>QuChi (LI 11)</i> and <i>JianZhong (44.06)</i> (extra point on the deltoid area). 6. This point can treat muscle atrophy because it utilizes the function of "use muscle to treat muscle". Since needling muscle has the function of Spleen channel, this point can also tonify <i>Qi</i>. 7. Combining <i>SiMaShang (88.18)</i>, <i>SiMaZhong (88.17)</i> and <i>SiMaXia (88.19)</i> three point as <i>DaoMa</i> needling technique; by hologram image of the upper, middle and lower body, these three points can be used to treat the total body.
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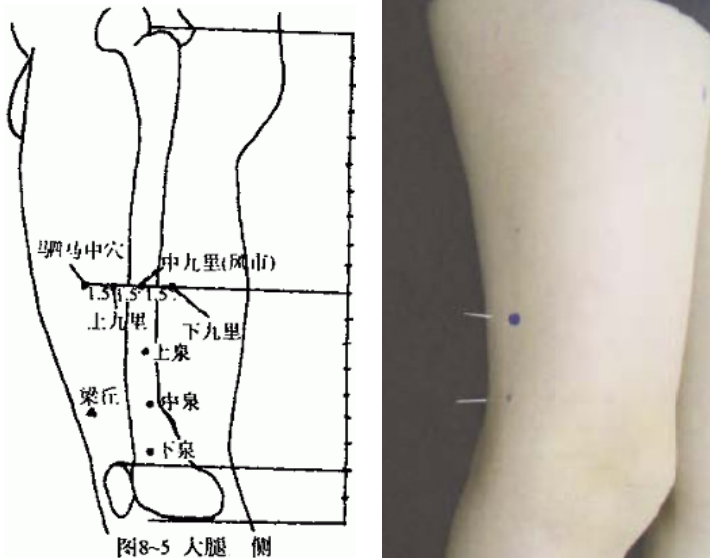
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88.20 XiaQuan (Lower Fountain) 下泉穴

Image 附图 :	 <p>图8-5 大腿 侧</p>
Location 部位 :	2.5 <i>Cun</i> superior to the knee joint, along the median line of the lateral thigh. 在膝关节外侧面正中央直上二寸五分
Indications 主治 :	Facial paralysis, facial tics, deviation of the mouth and eye, and Bell's paralysis. 面部麻痹、面部神经跳、口歪、眼斜
Location of the point 取穴 :	Locate the point 2.5 <i>Cun</i> superior to the knee joint, along the median line of the lateral thigh. 在膝关节外侧面正中央直上二寸半处是穴
Manipulation 手术 :	Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分
Mechanism, Elucidation and Application: 发挥	See ShangQuan (88.22) for detailed explanation.

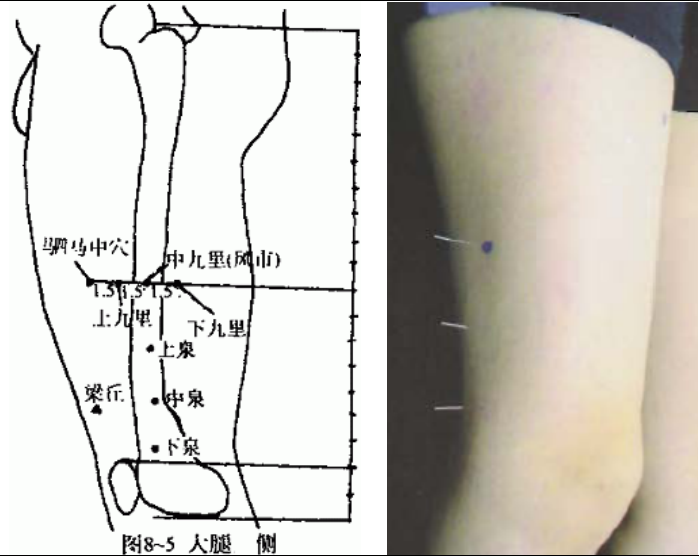
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88.21 ZhongQuan (Center Fountain) 中泉穴

Image 附图 :	 <p>图8-5 大腿 侧</p>
Location 部位 :	2 <i>Cun</i> superior to <i>XiaQuan</i> (88.20). 在下泉穴之直上二寸
Indications 主治 :	Facial paralysis, facial tics, deviation of the mouth and eye. 面部麻痹、面部神经跳、口歪、眼斜
Location of the point 取穴 :	Locate the point 2 <i>Cun</i> superior to <i>XiaQuan</i> (88.20). 当下泉穴直上二寸处是穴
Manipulation 手术 :	Insert the needle 0.3-0.8 <i>Cun</i> deep. 针深三分至八分
Mechanism, Elucidation and Application: 发挥	See <i>ShangQuan</i> (88.22) for detailed explanation.

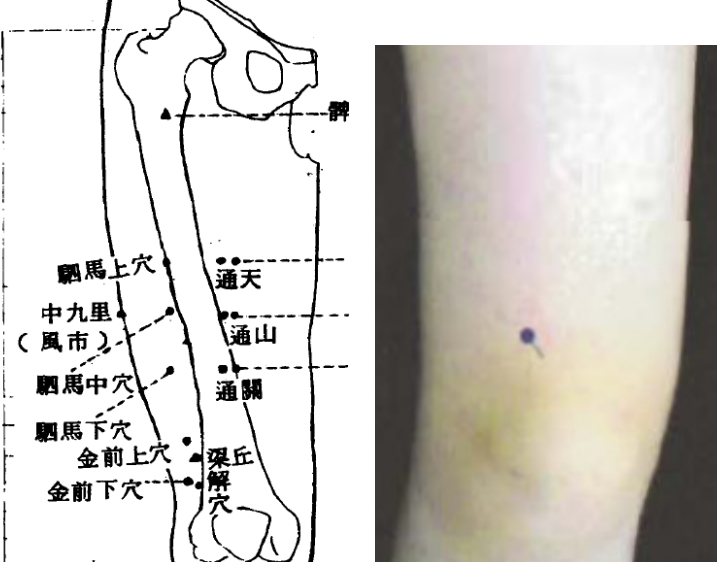
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88.22 ShangQuan (Upper Fountain) 上泉穴

Image 附图：	 <p>The diagram on the left shows the location of the three Quan points (ShangQuan, ZhongQuan, XiaQuan) on the leg, relative to the Gallbladder (GB) channel and other landmarks like the Horse Horse Center (马马中穴) and the Nine Miles (九里) points. The photograph on the right shows a close-up of the leg with the three points marked.</p>
Location 部位：	2 <i>Cun</i> superior to ZhongQuan (88.21) 在下泉穴之直上二寸
Indications 主治：	Facial paralysis, facial tics, deviation of the mouth and eye. 面部麻痹、面部神经跳、口歪、眼斜
Location of the point 取穴：	Locate the point 2 <i>Cun</i> superior to ZhongQuan (88.21) . 当中泉穴直上二寸处是穴
Manipulation 手术：	Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸
Usage 运用：	Acupuncture is performed on ShangQuan (88.22) , ZhongQuan (88.21) and XiaQuan (88.20) on one side simultaneously. Points of the opposite side are selected. 上泉、中泉、下泉三穴单脚同时取穴下针。治左用右穴；治右用左穴
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. The three points – named the "three Quan points" – are located on the GB channel. They are indicated especially for facial paralysis, facial tics, tinnitus and poor hearing. 上泉、中泉、下泉三穴合称三泉穴，位于胆经线上，治颜面神经麻痹有卓效，治耳鸣、重听亦有效 2. These three points are located on the GB channel, it is used chiefly to expel Wind, they are mainly used for Wind related disorders.

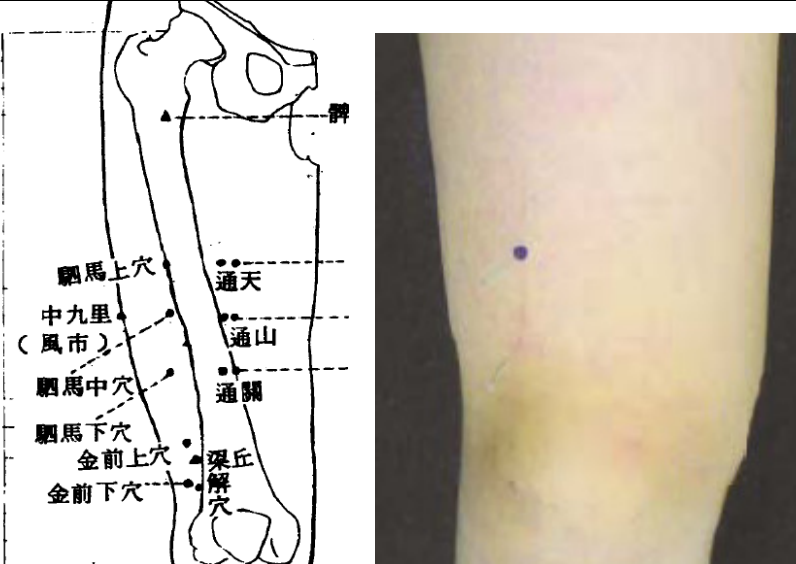
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88.23 JinQianXia (Gold Front Lower) 金前下穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>One <i>Cun</i> superior to the outer edge of the patella. 在膝盖骨外上角之直上一寸</p>
<p>Indications 主治：</p>	<p>Protusion of sternum, hypofunction of the Lung and Liver, epilepsy, headache, and sensitive skin. 胸骨外鼓、肺弱、羊狗疯、头痛、皮肤敏感</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 1 <i>Cun</i> superior to the outer edge of the patella. 在膝盖骨外侧上角之直上一寸处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See <i>JinQianShang</i> (88.24) for detailed explanation.</p>

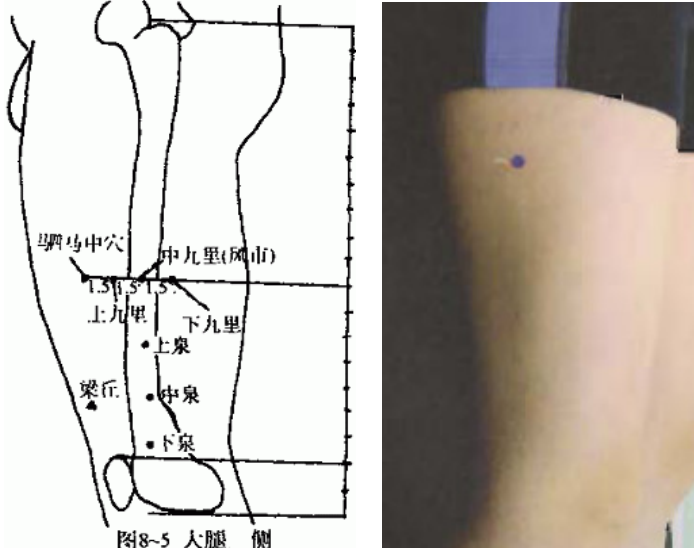
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88.24 JinQianShang (Gold Front Upper) 金前上穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>1.5 <i>Cun</i> superior to JinQianXia (88.23). 在金前下穴直上一寸半</p>
<p>Indications 主治：</p>	<p>Protrusion of sternum, hypofunction of the Lung and Liver, epilepsy, headache, and sensitive skin. 胸骨外鼓、肺弱、羊狗疯、头痛、皮肤敏感</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 2.5 <i>Cun</i> superior to the outer edge of the patella. 在膝盖骨外侧上角，上二寸五分处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Usage 运用：</p>	<p>Acupuncture is performed simultaneously on JinQianShang (88.24) and JinQianXia (88.23) on both thighs. 金前上下两穴双脚同时配穴下针</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. JinQianShang (88.24) functions as the Liver and the Lung channels; therefore, it can treat disorders related to the Lung and Liver-Wind. 2. This point can treat weakness of Liver and Lung. Since Lung is in charge of <i>Qi</i>. Liver is in charge of Blood; it regulates <i>Qi</i> and Blood. 3. This point is named after Metal (<i>Jin</i>) which is related to Lung, so it can treat Lung diseases. It is 1 <i>Cun</i> above the knee by the tendon; therefore, it can treat Liver-Wind syndromes.

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88.25 *ZhongJiuLi* (Center Nine Miles) 中九里穴

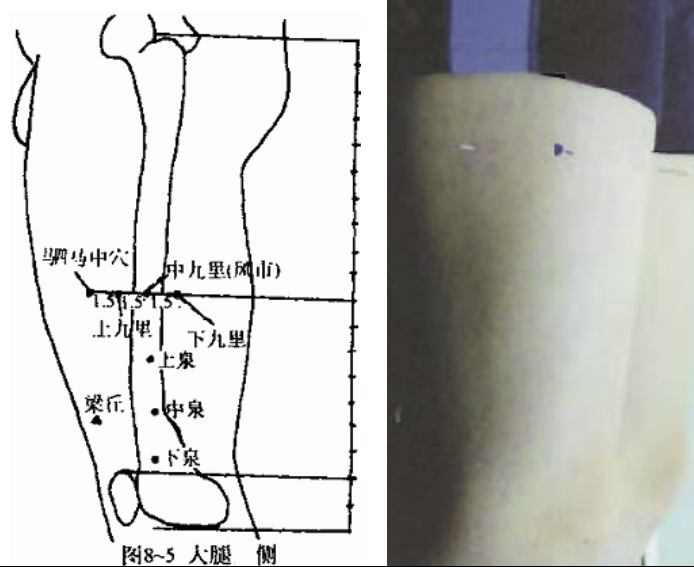
<p>Image 附图 :</p>	 <p>The diagram on the left shows the lateral view of a human leg with the Gallbladder (GB) channel marked. Key points labeled include 中九里(风市) (ZhongJiuLi), 上九里 (ShangJiuLi), 下九里 (XiaJiuLi), 上泉 (ShangQuan), 中泉 (ZhongQuan), 下泉 (XiaQuan), and 梁丘 (LiangQiu). Measurements of 1.5 cun are indicated between 中九里 and 上九里, and between 中九里 and 下九里. A photograph on the right shows the point marked with a blue dot on a person's lateral thigh.</p> <p>图8-5 大腿 侧</p>
<p>Location 部位 :</p>	<p>In the center of the median line at the lateral thigh. 在大腿外侧中央线之中点</p>
<p>Indications 主治 :</p>	<p>Back pain, lower back pain, lumbar vertebral pain, hemiplegia, facial paralysis, neck pain, dizziness, distending feeling of the eye, numbness of the hand and arm, and leg pain and enervation. 背痛、腰痛、腰脊椎骨痛、半身不遂、神经麻痹、脖颈痛、头晕、眼胀、手麻、臂麻、腿痛、神经无力</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the center of the median line of the lateral thigh. 当大腿外侧中央线之中点是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-2 <i>Cun</i> deep. 针深一寸至二寸</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. ZhongJiuLi (88.25) is located at the site of FengShi (GB 31). It is a major point for analgesia and sedation. It has a very strong function of dispelling Wind function. My teacher Master Tung used this point as the main point to treat hemiplegia of <i>LonNoi</i>, the late president of Cambodia. 本穴与胆经之风市穴位置相符，为极常用之镇痛及镇定要穴（疏风作用极强），亦为董师治疗前高棉总统朗诺半身不遂之主穴 2. Besides the above conditions, the point is effective for otoneuralgia, deviation of the mouth and eye, temporal pain, migraine, and trigeminal nerve pain. It is remarkably effective for disorders of the lateral side of the body on the GB channel. Better results are obtained when ZhongJiuLi (88.25) is combined with QiLi (A.01) – i.e. ZhongDu (GB 32) as <i>DaoMo</i>. 本穴除上述治证外，对耳神经痛、口歪眼斜、太阳穴痛、偏头痛、三叉神经痛等亦有疗效。本穴之主治极多，对于身体侧面（尤其是胆经）各种病变尤为特效；应用时可配合胆经中渚穴倒马，效果更佳 3. The point is also most effective for tinnitus and itching rubella. 本穴尚能治耳鸣及风疹瘙痒亦极有效 4. This point is the same as FengShi (GB 31). Since <i>ShaoYang</i> channel is in charge of the Wind conditions and strong sedating effect. It is also effective in treating pain and pruritis. This is also an important point for treating insomnia, because "Heart is connected with Gallbladder"; this is why it is also effective in treating pain and pruritis. 5. "<i>LingShu</i>" stated: "All the other eleven <i>ZangFu</i> organs rely on the Gallbladder". The GB channel is the longest channel and has the most

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	<p>points on the head; therefore, it has strong sedating effect. It is effective in treating all kinds of pain.</p> <p>6. Since <i>ShaoYang</i> is in charge of the bone, this point can be used to treat bone spur with very good result. Better results can be obtained if the needle is inserted right next to the bone. It can also treat Liver and Kidney disorders.</p>
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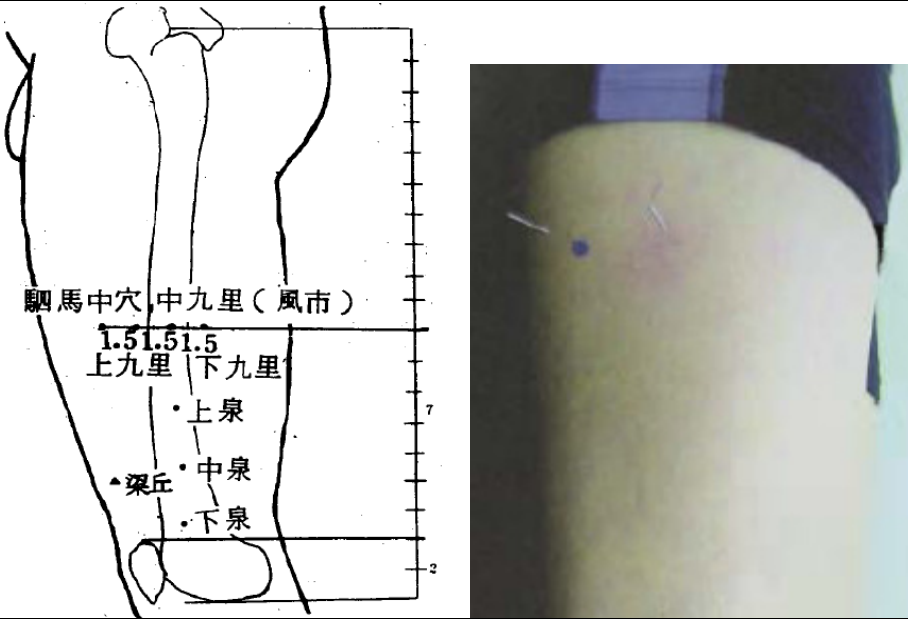
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88.26 ShangJiuLi (Upper Nine Miles) 上九里穴

<p>Image 附图：</p>	 <p>图8-5 大腿 侧</p>
<p>Location 部位：</p>	<p>1.5 <i>Cun</i> anterior to ZhongJiuLi (88.25). 在中九里穴向前横开一寸半</p>
<p>Indications 主治：</p>	<p>Arm pain due to disorders of the Heart channel, eye pain, and abdominal distension due to Kidney deficiency. 心经之臂痛、眼痛、肾气不足之腹胀</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 1.5 <i>Cun</i> anterior to ZhongJiuLi (88.25). 当中九里穴向前横开一寸半处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.8-1.5 <i>Cun</i> deep. 针深八分至寸半</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point is located between <i>YangMing</i> and <i>ShaoYang</i> channels; it is effective in treating arm pain and eye pain. Mater Tung also thought this point function as Heart and Kidney; therefore, it can treat abdominal distension due to Kidney deficiency.</p>

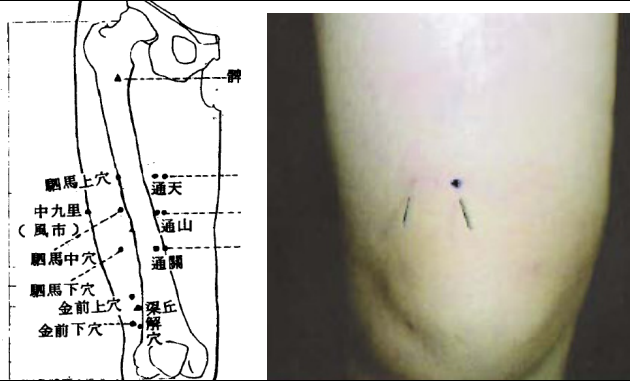
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88.27 XiaJiuLi (Lower Nine Miles) 下九里穴

Image 附图：	 <p>Diagram labels: 驕馬中穴, 中九里 (風市), 1.5, 1.5, 1.5, 上九里, 下九里, 上泉, 中泉, 下泉, 梁丘.</p>
Location 部位：	1.5 <i>Cun</i> posterior to ZhongJiuLi (88.25) . 在中九里穴向后横开一寸半
Indications 主治：	Pain of the back or thigh. 背痛、腿痛
Location of the point 取穴：	Locate the point 1.5 <i>Cun</i> posterior to ZhongJiuLi (88.25) . 当中九里穴向后横开一寸半处是穴
Manipulation 手术：	Insert the needle 0.8-1.5 <i>Cun</i> deep. 针深八分至寸半
Mechanism, Elucidation and Application: 发挥	This point is 1.5 <i>Cun</i> from FengShi (GB 31) , located between <i>TaiYang</i> and <i>ShaoYang</i> channels; therefore, it treats disorders derived from combination of these two channels.

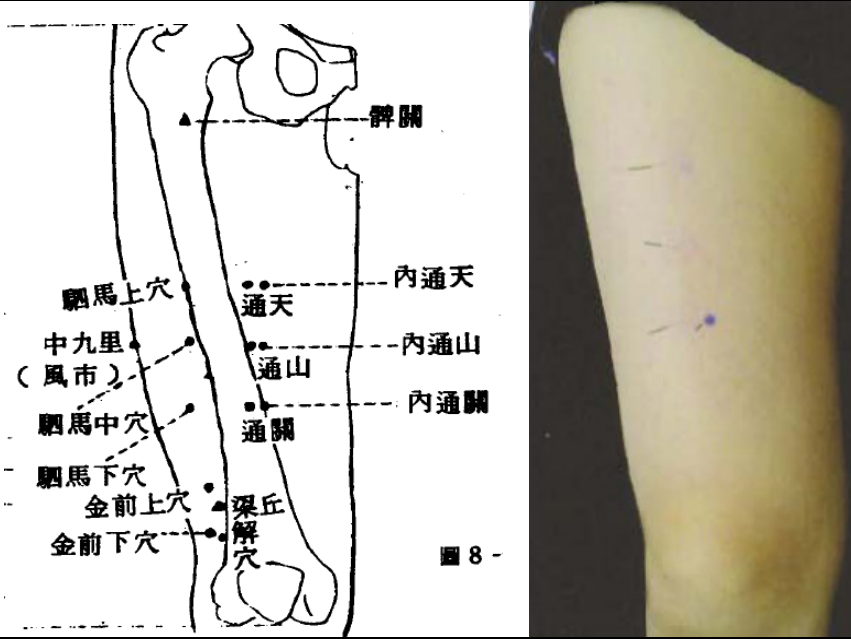
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88.28 Jie (Release Point) 解穴

Image 附图：	 <p>The diagram on the left shows the location of Jie (Release Point) on the knee, labeled as '解穴'. It is located 1/3 of a Cun proximal to the spot which is 1 Cun superior to the outer edge of the patella. The photograph on the right shows the actual point on a person's knee, with a needle inserted.</p>
Location 部位：	1/3 of a <i>Cun</i> proximal to the spot which is 1 <i>Cun</i> superior to the outer edge of the patella. 在膝盖骨外侧上角直上一寸向前横开三分
Indications 主治：	Disturbance in <i>Qi</i> and Blood, escape of Blood, swelling of the needling site or pain produced by acupuncture, pain due to injection, traumatic injury and upset, and extreme fatigue. 扎针后气血错乱、血不归经、下针处起包、疼痛、或是西医注射后引起之疼痛、跌打损伤、精神刺激而引起之疼痛、疲劳过度之疼痛
Location of the point 取穴：	Locate the point 1/3 <i>Cun</i> medial to the spot, which is 1 <i>Cun</i> superior to the outer edge of the patella. 当膝盖骨外侧上角直上一寸向前横开三分
Manipulation 手术：	Insert the needle 0.3-0.5 <i>Cun</i> deep. 针深三分至五分
Usage 运用：	The needle is slowly rotated after insertion. When pain is relieved, the needle is withdrawn. Retention of the needle lasts 8 minutes at most. If the patient faints during acupuncture, force him to open the mouth and press his tongue root with a flat needle, chopstick, spoon or finger for a few times. When the patient is going to vomit, wash his head with cold water or cover his head with a cold wet towel. Then give him half-glass of cold water to bring him around. Shock due to torture can be alleviated with the same approach. If shock is caused by cholera morbus, wash the head of the patient with cold water to bring him around. Then the acupuncture therapy or medication is given. 下针后将针缓转动，病痛解除即取针，留针时间以八分钟为限。如患者晕针不省人事，即将其口张开，以扁针、以凉水洗其头，并以湿毛巾覆盖其头部，令饮凉开水半杯即苏；受刑休克者亦可用此法解之，如患霍乱引起休克，可用凉水洗头，使其恢复知觉，然后用针药治之
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Jie (88.28) is really effective for the above condition. Retention of the needle may be over 8 minutes. 解穴治疗上述各证确有特效，留针时间并不以八分钟为限 2. The point is remarkably effective for recent and newly acquired pains, and especially for strains and sprains. 解穴治疗新发初患之各种疼痛疗效极佳，尤其是各种新得之扭伤尤具卓效 3. This point is located on the ST channel, below LiangQiu (ST 34), it has strong function in regulating <i>Qi</i> and Blood. Therefore, this point can be used to treat needle fainting, stuck needle, bend needle, dispel stuck <i>Qi</i> and blood and newly acquired pain. Its function is the same as LiangQiu (ST 34).

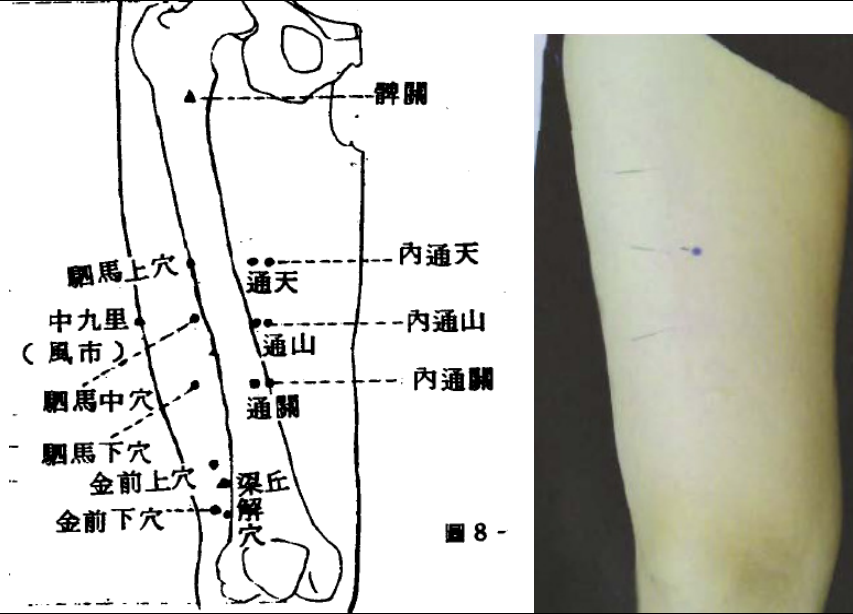
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88.29 *NeiTongGuan* (Inner Penetrating Gate) 内通关穴

<p>Image 附图：</p>	 <p style="text-align: right;">圖 8 -</p>
<p>Location 部位：</p>	<p>$\frac{1}{2}$ Cun medial to <i>TongGuan</i> (88.01). 在通关穴向内横开五分</p>
<p>Indications 主治：</p>	<p>Hemiplegia, weakness of limbs, nervous paralysis of limbs, hypofunction of the Heart, Wind-stroke, lower back pain, and inability to raise hands. 半身不遂、四肢无力、四肢神经麻痹、心脏衰弱、中风不语、腰痛、手不能举</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 0.5 Cun medial to <i>TongGuan</i> (88.01). 当通关穴向内横开五分处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.3-0.5 Cun deep. 针深三分至五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See <i>NeiTongTian</i> (88.31) for detailed explanation.</p>

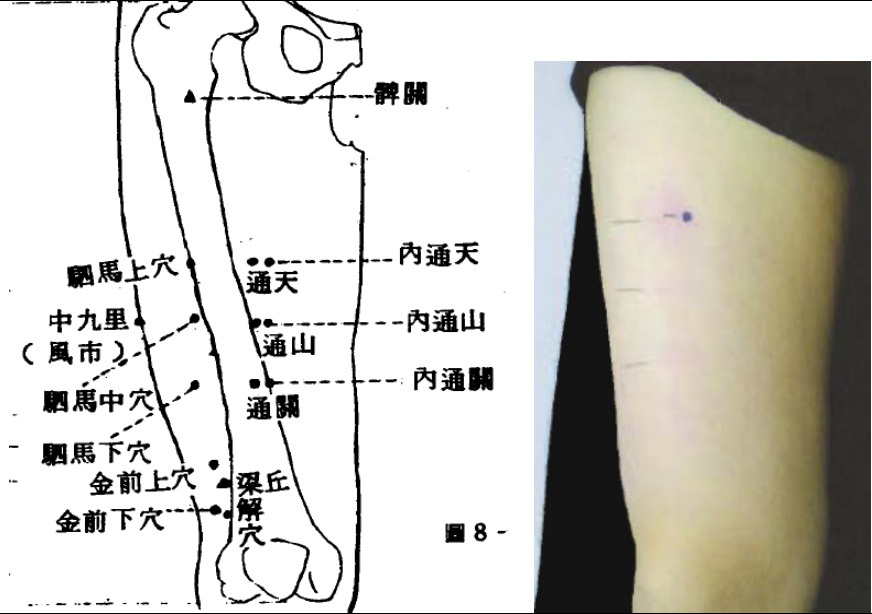
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88.30 NeiTongShan (Inner Penetrating Mountain) 内通山穴

<p>Image 附图：</p>	 <p>圖 8 -</p>
<p>Location 部位：</p>	<p>½ Cun medial to TongShan (88.02). 在通山穴向內橫開五分</p>
<p>Indications 主治：</p>	<p>Hemiplegia, weakness of limbs, nervous paralysis of limbs, hypofunction of the Heart, Wind-stroke, lower back pain, and inability to raise hands. 、四肢无力、四肢神经麻痹、心脏衰弱、中风不语、腰痛、手不能举</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 0.5 Cun medial to TongShan (88.02). 当通山穴向內橫開五分处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 0.5-0.8 Cun deep. 针深五分至八分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See NeiTongTian (88.31) for detailed explanation.</p>

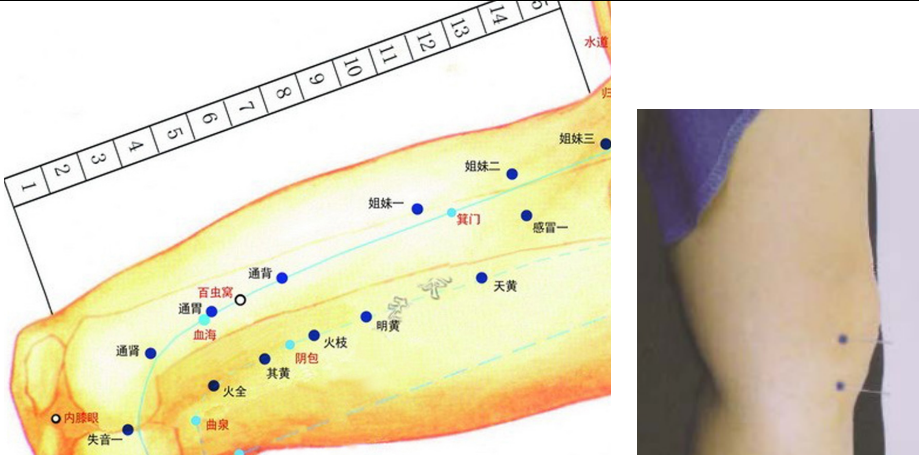
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88.31 *NeiTongTian* (Inner Penetrating Heaven) 内通天穴

<p>Image 附图 :</p>	 <p style="text-align: right;">圖 8 -</p>
<p>Location 部位 :</p>	<p>½ <i>Cun</i> medial to <i>TongTian</i> (88.03). 在通天穴向内横开五分</p>
<p>Indications 主治 :</p>	<p>Hemiplegia, weakness of limbs, nervous paralysis of limbs, hypofunction of the Heart, Wind-stroke, lower back pain, and inability to raise hands. 半身不遂、四肢无力、四肢神经麻痹、心脏衰弱、中风不语、腰痛、手不能举</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.5 <i>Cun</i> medial to <i>TongTian</i> (88.03). 当通天穴向内横开五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5-1 <i>Cun</i> deep. 针深五分至一寸</p>
<p>Remarks 说明 :</p>	<p>See remarks <i>TongGuan</i> (88.01), <i>TongShan</i> (88.02) and <i>TongTian</i> (88.03) respectively. [Needling <i>TongGuan</i> (88.01), <i>TongShan</i> (88.02) and <i>TongTian</i> (88.03) on both thighs is contraindicated. Usually one or two points are selected. For hypertensive patients, needling is only performed on two of the three points on both thighs.] 注意事项见通关、通山、通天穴各条</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>These three points are close to <i>TongGuan</i> (88.01), <i>TongShan</i> (88.02) and <i>TongTian</i> (88.03), all are located 0.5 <i>Cun</i> medial; therefore, they are named as "Inner penetrating" points. They have the same treatment functions, but not used as often. They can be used as alternative points for needling.</p>

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88.32 *Shi Yin* (Loss of Voice) 失音穴

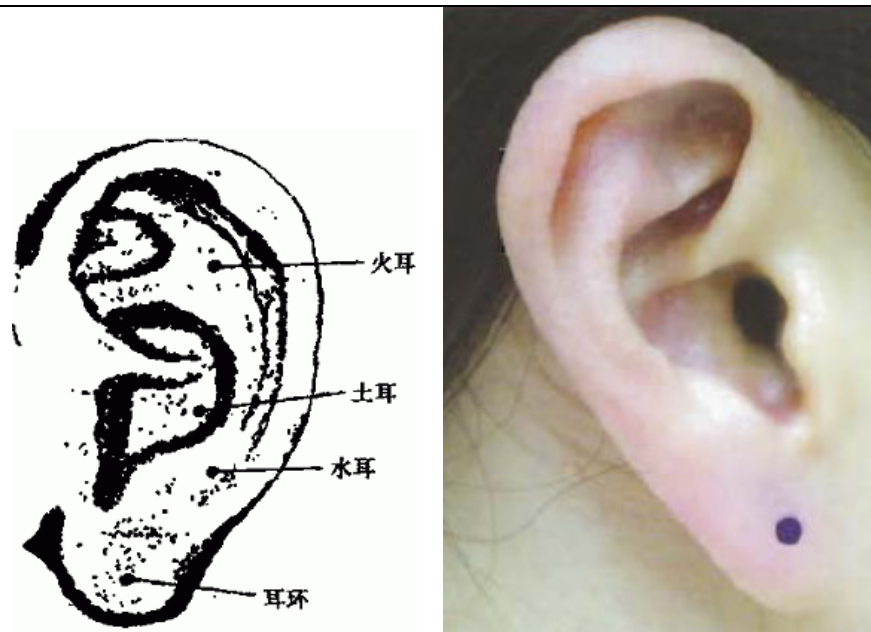
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>The first point is in the center of the medial patella and the second is 2 <i>Cun</i> inferior to the first. 在膝盖内侧之中央点及其下二寸</p>
<p>Indications 主治 :</p>	<p>Hoarseness, aphonia, and pharyngitis. 嗓子哑、失音、喉炎</p>
<p>Location of the point 取穴 :</p>	<p>Locate the first point in the center of the medial patella and the second 2 <i>Cun</i> inferior to the first.</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle obliquely 2 <i>Cun</i> deep. 针深五分至八分 (Chinese text does not seem to be similar to the English text!)</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. These two points are most effective for aphonia and hoarseness. They are also indicated for tonsillitis, thyroid enlargement and swollen throat. 本穴治疗失音、音哑确实有效。治疗扁桃腺甲状腺肿大、喉咙肿痛亦有疗效 2. This point is located to the bend of the knee, when needling this point; angle the needle from the Spleen channel towards the KI channel underneath the skin. The Spleen and the Kidney channels both pass through the throat area, and this point is located on the top of the leg on the mirror image point of the throat. Therefore, it is effective in treating throat disorders, especially aphonia.

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Chapter 9 - Points of the Ear (99.00) 第九章◎九九部位（耳部位）

99.01 ErHuan (Ear Ring) 耳环穴

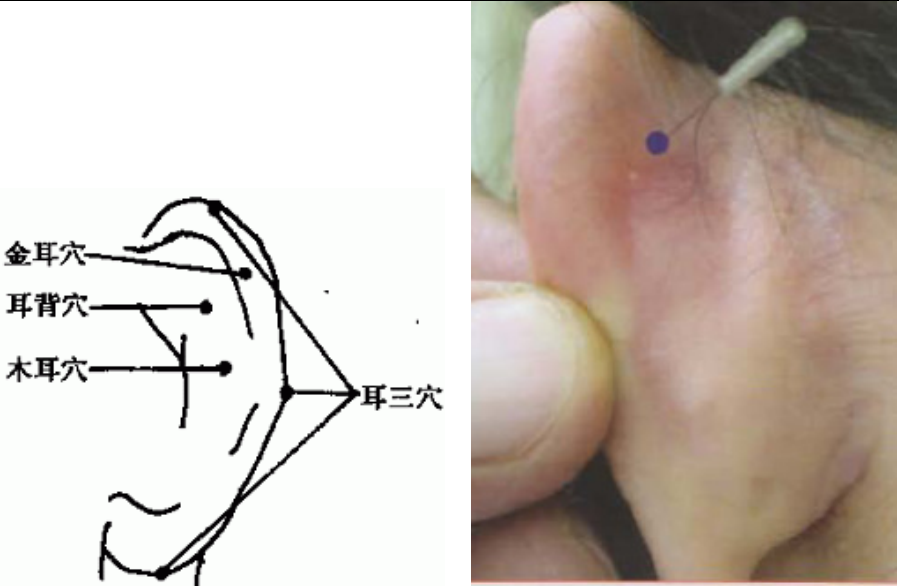
Image 附图：



Location 部位：	In the center of the ear lobe. 在耳垂表面之中央
Indications 主治：	Intoxication from alcohol and vomiting. 解酒、止呕吐
Location of the point 取穴：	Locate the point in the center of the ear lobe. 当耳垂表面之中央点是穴
Manipulation 手术：	Insert the needle obliquely towards the face to a depth of 0.1-0.15 <i>Cun</i> . (Subcutaneous needle) 用细毫针由外向里（向面部）斜刺一分至一分半（皮下针）
Remarks 说明：	ErHuan (99.01) overlaps the point "Eye" in auricular acupuncture. 耳环穴与耳针眼点相符
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is indicated for inebriation and better results can be obtained if point SuLiao (DU 25) is combined. 治酒醉配合素髻穴并用，效果更佳 2. It corresponds to the auricular point "Eye" and Eye corresponds with Liver. The point is therefore able to strengthen the Liver and eliminate inebriation. The mechanism for eliminating inebriation is similar to that of HuoBao (55.01).

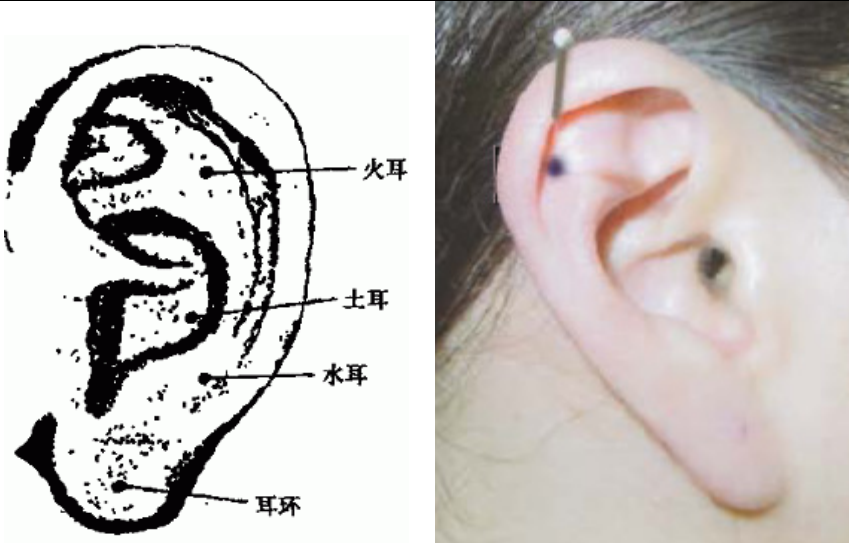
A Study on Tung's Acupuncture

99.02 MuEr (Wood Ear) 木耳穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Longitudinally, 1/3 <i>Cun</i> below the middle transversal branch of the dorsal auricular artery of the posterior aspect of the ear. 在耳后上半部横血管之下约三分</p>
<p>Indications 主治 :</p>	<p>Liver pain, hepatomegaly, hepatocirrhosis, and fatigue due to deficiency in the liver; and protracted strangury (requiring long treatment) 肝痛、肝硬化、肝肿大、肝衰弱引起之疲劳、久年淋病（需长期针治）。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point about 1/3 <i>Cun</i> below the transversal blood vessel of the upper part of the posterior aspect of the ear. 当耳后上半部横血管之下约三分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.1-0.2 <i>Cun</i> deep. 用细毫针竖刺一分至二分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>It affects the Liver and is indicated in Liver diseases.</p>

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99.03 *HuoEr* (Fire Ear) 火耳穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the middle of the outer border of the anti-helix 在对耳轮之外缘中部</p>
<p>Indications 主治 :</p>	<p>Heart failure, knee and limb pain. 心脏衰弱及膝盖痛、四肢痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the middle of the outer border of the anti-helix. 在对耳轮之外缘中部取之</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle perpendicularly to a depth of 0.1-0.2 <i>Cun</i>. 用细毫针竖刺一至二分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. <i>HuoEr</i> (99.03) corresponds to the auricular point "Knee" with more extensive indications. 火耳穴相当于耳针之膝点，但治疗范围更广泛 2. Master Tung attached great importance to the relation between the knee and the heart and the point is also effective for heart diseases. 董师注重膝与心之关系，故用于心脏病变亦有疗效 3. The points that are indicated in heart diseases are also indicated in diseases of the knee and vice versa. With the same reason, the point can also be used to treat pain of the four limbs.

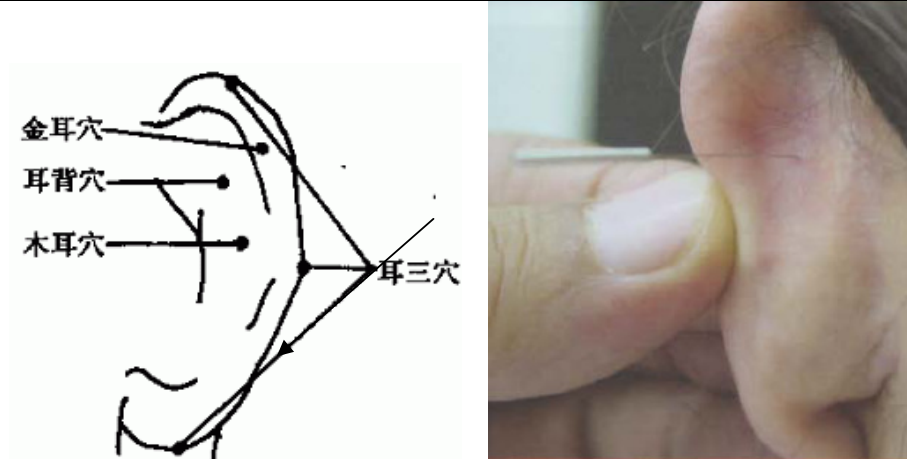
99.04 *TuEr* (Earth Ear) 土耳穴



Location 部位：	In the center of the cavity of the concha. 在耳甲腔部之中
Indications 主治：	Neuroasthenia, polycytemia, high fever and diabetes. 神经衰弱、红血球过多、发高烧、糖尿病
Location of the point 取穴：	Locate the point in the cavity of the concha. 在耳甲腔之中取之
Manipulation 手术：	Insert the needle perpendicularly to a depth of 0.1-0.2 <i>Cun</i> . 用细毫针竖刺一至二分
Remarks 说明：	TuEr (99.04) is located at point "Spleen" in auricular acupuncture.
Mechanism, Elucidation and Application: 发挥	This point corresponds to the auricular point "Spleen" and is indicated in diseases related to the spleen. 土耳穴相当于耳针之脾区

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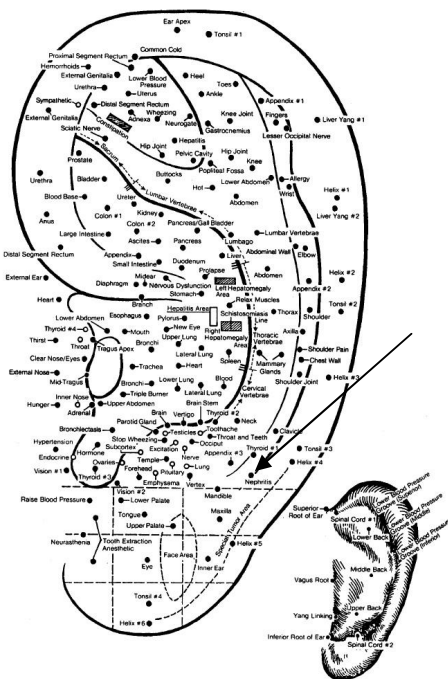
99.05 JinEr (Metal Ear) 金耳穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1/3 of a <i>Cun</i> superior to ShuiEr (99.06). 在耳壳背之外缘上端</p>
<p>Indications 主治 :</p>	<p>Sciatica due to hypofunction of the Lung, lumbar vertebra bending and allergic common cold. 坐骨神经痛、腰脊椎骨弯曲、过敏性感冒</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point on the superior and outer border by the eminentia concha. 在耳壳背之外缘上端取之</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle perpendicularly to a depth of 0.1-0.2 <i>Cun</i>. 用细毫针竖刺一至二分</p>
<p>Remarks 说明 :</p>	<p>JinEr (99.05) corresponds to the point "Lung" in auricular acupuncture. 金耳穴相当于耳针之肺区</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point may affect the Metal element and is therefore indicated in common cold. In Tung's extra points, most points that are indicated for Lung diseases are also indicated for sciatica via the <i>TaiYang-TaiYin</i> axis.</p>

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99.06 ShuiEr (Water Ear) 水耳穴

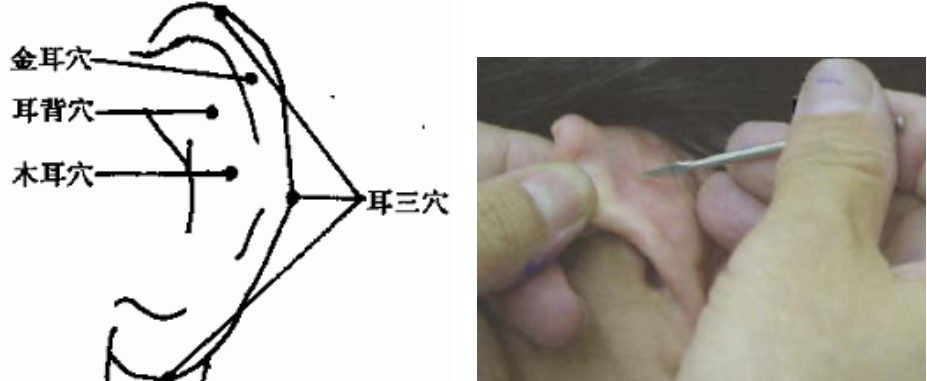
Image 附图 :



Location 部位 :	At the lower end of the outer border of the anti-helix. 在对耳轮之外缘下端
Indications 主治 :	Kidney deficiency, pain on both sides of the lower back and abdominal distension. 肾亏、腰部两边痛、腹部发胀
Location of the point 取穴 :	Locate the point at the lower end of the outer border of the anti-helix. 在对耳轮之外缘下端取之
Manipulation 手术 :	Insert the needle perpendicularly to a depth of 0.1-0.2 <i>Cun</i> . 用细毫针竖刺一至二分
Remarks 说明 :	ShuiEr (99.06) is located at the point "Kidney" in auricular acupuncture. 火耳穴相当于耳针之肾区
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point corresponds to the auricular point "Nephritis" and is indicated for diseases related to the Kidney. 以上火耳、木耳、土耳、金耳、水耳等穴以五行命名者，对于五脏之五行体系各病亦有疗效。 2. The above five points named after the Five elements are effective in treatment of the diseases of the "five <i>Zang</i> organs" that respectively pertain to the Five elements.


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99.07 ErBei (Back of Ear) 耳背穴

Image 附图：	
Location 部位：	About 1/3 <i>Cun</i> above MuEr (99.03) 在木耳穴之上约三分处
Indications 主治：	Pharyngitis and tonsillitis. 喉炎、喉蛾
Location of the point 取穴：	Locate the point on the vessel 1/3 <i>Cun</i> above MuEr (99.03) 在木耳穴之上约三分处血管中取之
Manipulation 手术：	Bleed the point with a three-edged needle. 以三棱针扎出血
Remarks 说明：	ErBei (99.07) correspond to the auricular point "ErBei".耳背穴相当于耳针之上耳背处
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This is an important point for bloodletting and is very effective in treatment of dermatosis, acne, facial chloasma, and migraine, difficult open of mouth, tonsillitis and conjunctivitis. 本点为点刺要穴，点刺出血治疗皮肤病、青春痘、面部黄褐斑、偏头痛、张口不灵、扁桃腺炎、结膜炎极有效 2. There often appear blue veins on the ear back near the point, and bleeding this point may treat many pathological changes.

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99.08 ErSan (Three of Ear) 耳三穴 耳上穴、耳中穴、耳下穴

Image 附图：	
Location 部位：	On the outer border of the helix of the ear. 在耳轮之外缘
Indications 主治：	Cholera morbus, migraine, common cold and tonsillitis. 霍乱、偏头痛、感冒、扁桃腺炎
Location of the point 取穴：	Locate the first point [ErShang (99.08-1)] on the upper outer border of the helix of the ear; the second [ErZhong (99.08-2)] on the center of the outer border of the helix of the ear; and the third (ErXia (99.08-3)) on the lower outer border of the helix of the ear. 在耳轮外缘上端一穴（耳上穴）、中央一穴（耳中穴）、下端一穴（耳下穴）
Manipulation 手术：	Bleed the points with a three-edged needle. Two points are selected at a time. 用三棱针扎出血，1次用2穴可矣
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. In this group of points, ErShang (99.08-1) is the principal point, and also known as ErJian (ear apex) (EX-HN 6). 2. Bleeding this point [ErJian (Ear Apex)] may treat many diseases. In addition to the above mentioned, it is also very effective for fever, hypertension, acute conjunctivitis, sty, insomnia, palpitation, pruritus skin, lower back pain, and urinary diseases. 3. If there is no obvious blue vein at this point, ErShang (99.08-1) could be bled. Pricking this point without blue vein can also cause bleeding. 4. Since the <i>TaiYang</i> channel that dominates the exterior reaches the ear and <i>ShaoYang</i> channel that dominates Wind diseases winds around the ear, this point is good at treating Exterior syndromes and Wind syndromes. It is therefore very effective for common cold, fever, tonsillitis and enlargement of the tonsils, and pruritic skin. 5. Since the Kidney opens into the ear and Heart also opens into the ear (see <i>SuWen</i> chapter 4), this point is also effective for palpitation, hyperhidrosis, insomnia and lower back pain.

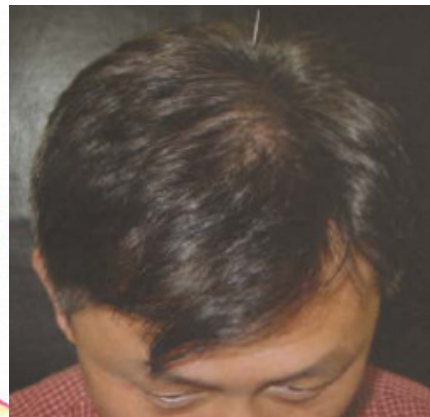
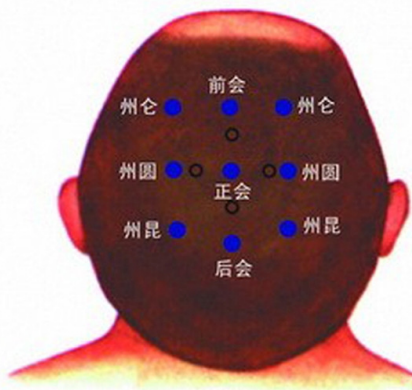
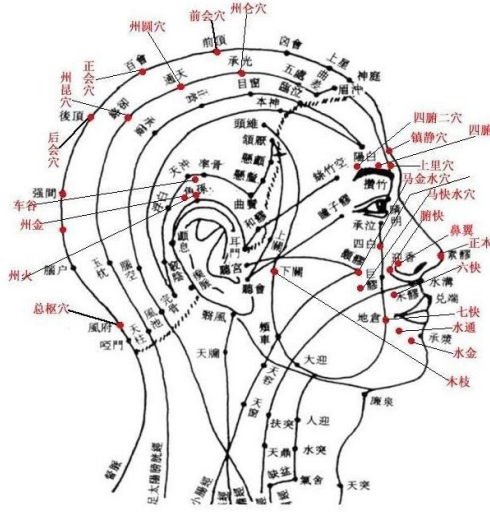
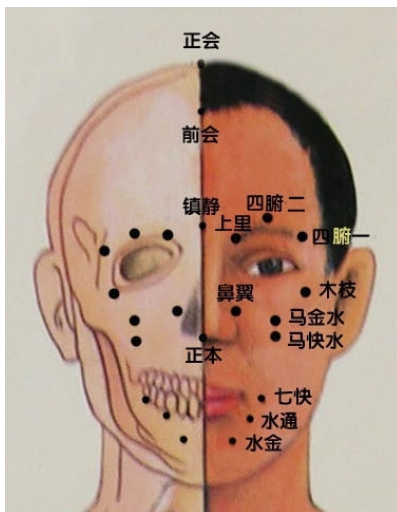
A Study on Tung's Acupuncture

Chapter 10 - Points of the Head and Face (1010.00) 第十章

◎十十部位（头面部部位）

1010.01 ZhengHui (Correct Meeting) 正会穴

Image 附图 :



Location 部位 :

In the center of the top of the head. 在头顶之正中央

Indications 主治：

Tremor of limbs, fatigue, infantile convulsion, deviation of the mouth and eye, hemiplegia, dysfunction of the nervous system, and aphasia due to Wind-stroke.
四肢颤抖、各种风症、身体虚弱、小儿惊风、眼斜嘴歪、半身不遂、神经失灵、中风不语。

Location of the point
取穴：

Ask the patient to sit erectly, put a piece of thread along the midline of the head from the nose tip to the center of the nape. Put another piece of thread from the top of the ear apex, crossing the head top and to the tip of the ear apex on the other side. The point is located at the intersection of the two pieces of thread. 正坐，以细绳竖放头顶中行，前垂鼻尖，后垂颈骨正中，另以一绳横放头顶，左右各垂耳尖，此两绳在头顶之交叉点是穴

Manipulation 手术：

Insert the needle 0.1-0.3 *Cun* deep. 针深一分至三分

Remarks 说明 :

ZhengHui (1010.01) is located at the same site of **BaiHui (Du 20)** and is effective for the above conditions. Better results can be obtained when **QianHui (1010.05)** or **HuoHui (1010.06)** are used as the *DaoMa* technique. 本穴位置与督脉之百会穴相符，治疗上述各症确有特效，唯需与前会或后会穴倒马并用较佳。

Mechanism,

1. Master Tung often used this point to treat hemiplegia. If it is combined

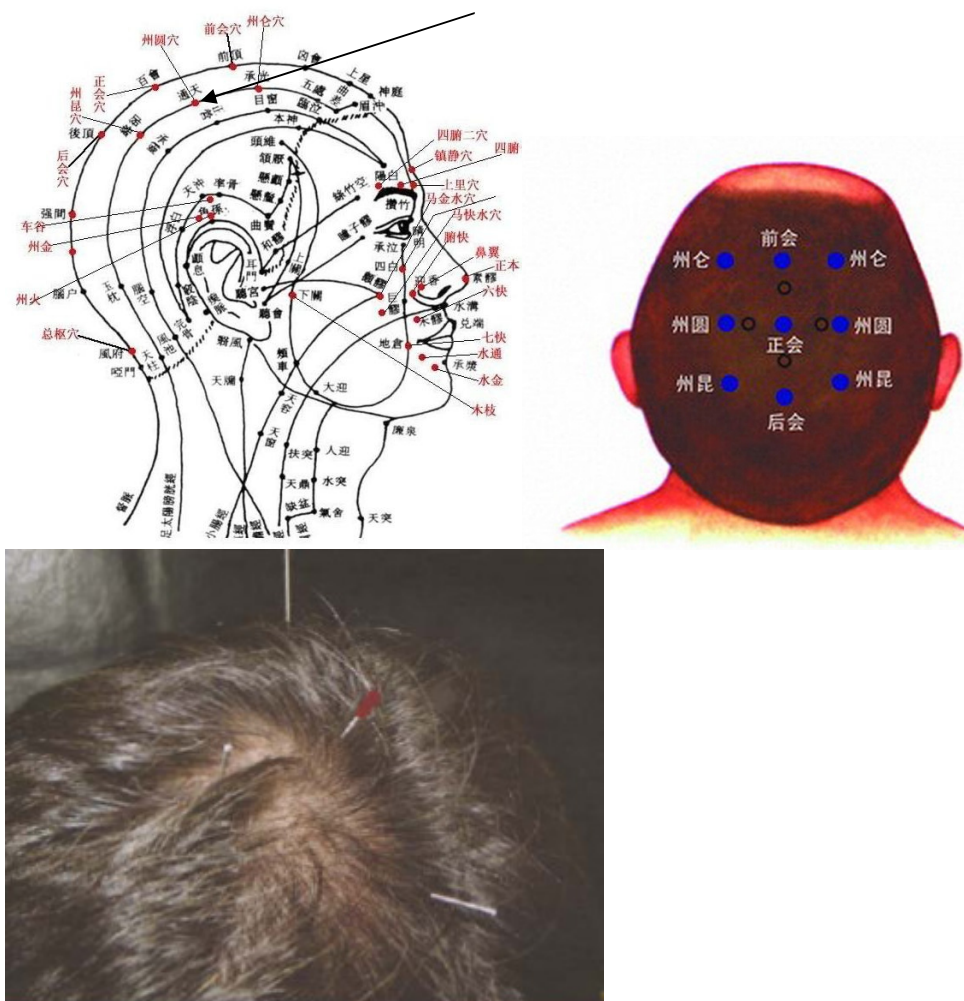
A Study on Tung's Acupuncture

<p><i>Elucidation and Application:</i> 发挥</p>	<p>with <i>LingGu</i> (22.05) and <i>DaBai</i> (22.04), the therapeutic effect will be even better. 本穴董师常用治半身不遂，配灵骨、大白疗效更高</p> <ol style="list-style-type: none"> 2. It overlaps point <i>BaiHui</i> (<i>Du 20</i>) and has strong sedative function. 3. It is the crossing point of the <i>Du</i>, Liver and <i>TaiYang</i> channels. <i>Du</i> channel warms <i>Yang</i> and calms the mind; Liver dominates Wind, <i>TaiYang</i> dominates the Exterior. Therefore, the point has very extensive indications.
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A Study on Tung's Acupuncture

1010.02 ZhouYuan (Prefecture Round) 州圓穴

Image 附图 :

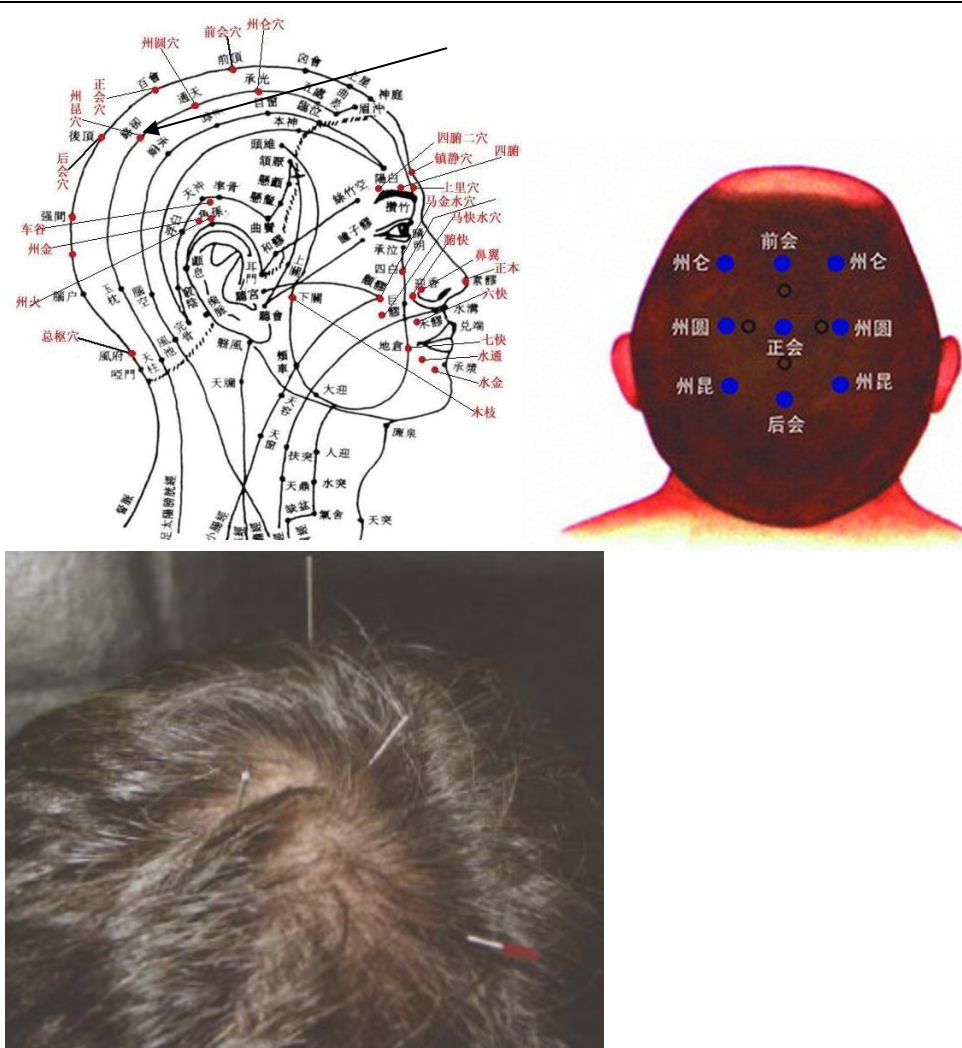


Location 部位 :	1.5 <i>Cun</i> lateral to ZhengHui (1010.01) . 在正会穴旁开一寸三分
Indications 主治 :	Hemiplegia, weakness of limbs, asthenia, shortness of breath, sciatica and back pain due to hypofunction of the Lung and a dysfunction of nervous system. 半身不遂、四肢无力、虚弱、气喘、坐骨神经痛及背痛、神经失灵
Location of the point 取穴 :	Locate the point 1.5 <i>Cun</i> lateral to ZhengHui (1010.01) (one on the left and one on the right). 当正会穴向右及左旁开一寸三分处是穴 (左右各一穴)
Manipulation 手术 :	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Remarks 说明 :	This point is located 1.5 <i>Cun</i> lateral to ZhengHui (1010.01) , close to point TongTian (UB 7) of the UB channel which is located 1.5 <i>Cun</i> lateral to ZhengHui (1010.01) . 本穴应以正会穴旁开一寸半取穴为宜, 相当于膀胱经之通天穴
Mechanism, Elucidation and Application: 发挥	See ZhouLun (1010.04) .

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1010.03 ZhouKun (Prefecture Elder Brother) 州昆穴

Image 附图：

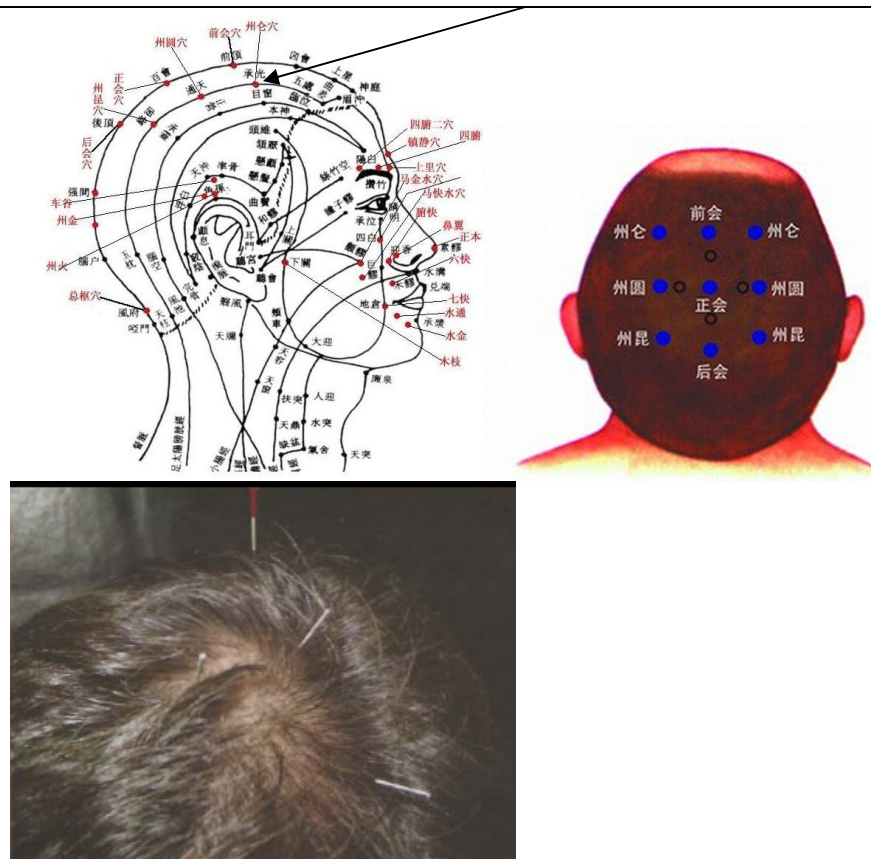


Location 部位：	1.5 <i>Cun</i> posterior to ZhengYuan (1010.02) . 在州圆穴直后一寸五分
Indications 主治：	Hemiplegia, weakness of limbs, fatigue, shortness of breath, sciatica and back pain due to hypofunction of the Lung and a dysfunction of nervous system. 半身不遂、四肢无力、虚弱、气喘、坐骨神经痛及背痛、神经失灵
Location of the point 取穴：	Locate the point longitudinally 1.5 <i>Cun</i> posterior to ZhengYuan (1010.02) (one on the left and one on the right). 当州圆穴直后一寸五分处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 一分至三分深
Remarks 说明：	It is located at the site of LuoQue (UB 8) . 本穴位置与膀胱经之络却穴相符
Mechanism, Elucidation and Application: 发挥	See ZhouLun (1010.04) .

A Study on Tung's Acupuncture

1010.04 ZhouLun (Prefecture Mountain) 州仑穴

Image 附图：

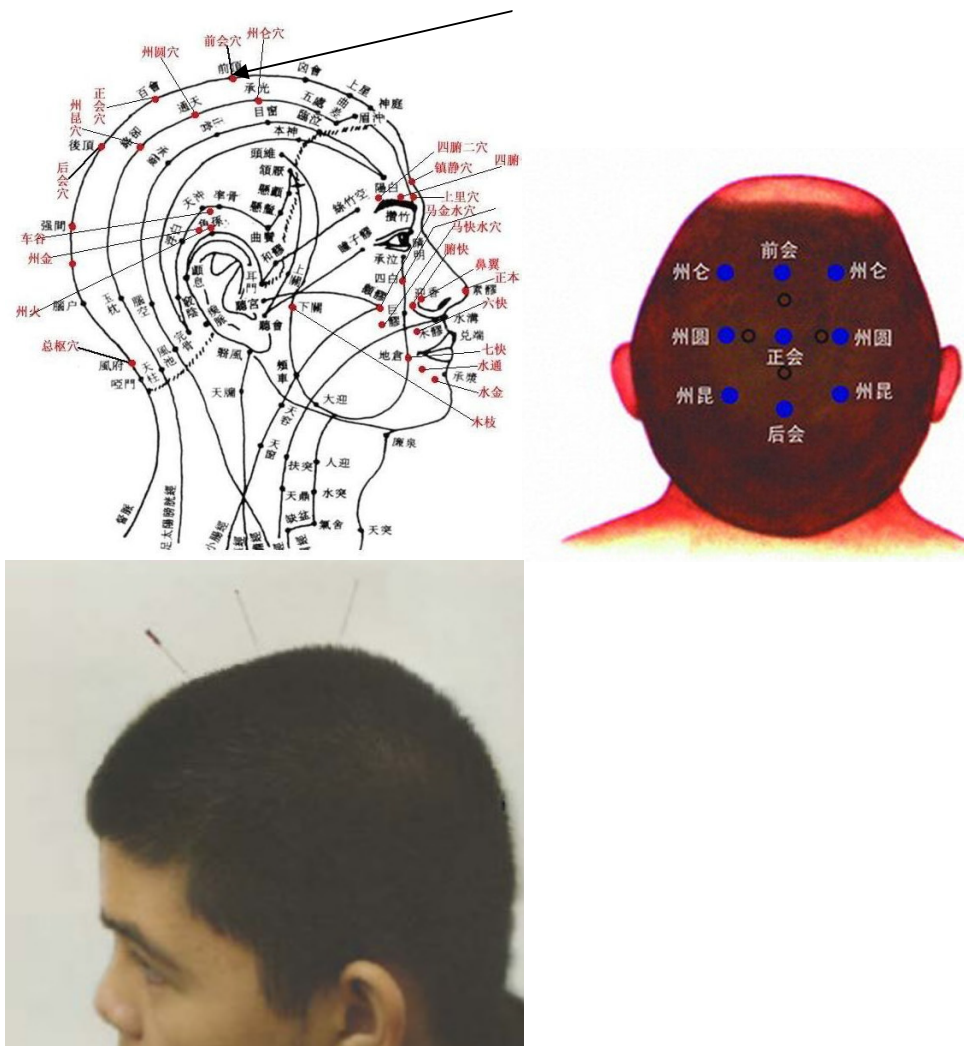


Location 部位：	1.5 <i>Cun</i> anterior to ZhengYuan (1010.02) . 在州圆穴直前一寸五分
Indications 主治：	Brain tumor and the indications of ZhengYuan (1010.02) . 脑瘤及州圆穴主治各症
Location of the point 取穴：	Locate the point longitudinally 1.5 <i>Cun</i> anterior to ZhengYuan (1010.02) . 当州圆穴直前一寸五分处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Usage 运用：	Select the right point for the left-brain tumor and vice versa. 左脑生瘤取右穴。右取左穴
Remarks 说明：	It is located at the site of ChengGuan (UB 6) . 本穴位置与膀胱经之承光穴相符
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. It is often used together with ZhouYuan (1010.02) or ZhouKun (1010.03) as the <i>DaoMa</i> technique to strengthen therapeutic effect. 常与州圆或州昆以倒马针并用，以加强疗效 2. ZhouYuan (1010.02), ZhouKun (1010.03) and ZhouLun (1010.04) are all located on the UB channel, and therefore is able to treat sciatica with pain along the foot <i>TaiYang</i> channel. 3. UB channel is related to Lung because of "Five <i>Zang</i> Extra Relationship", and the point is therefore indicated in diseases due to Lung <i>Qi</i> deficiency and backache.

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1010.05 *QianHui* (Anterior Meeting) 前会穴

Image 附图：

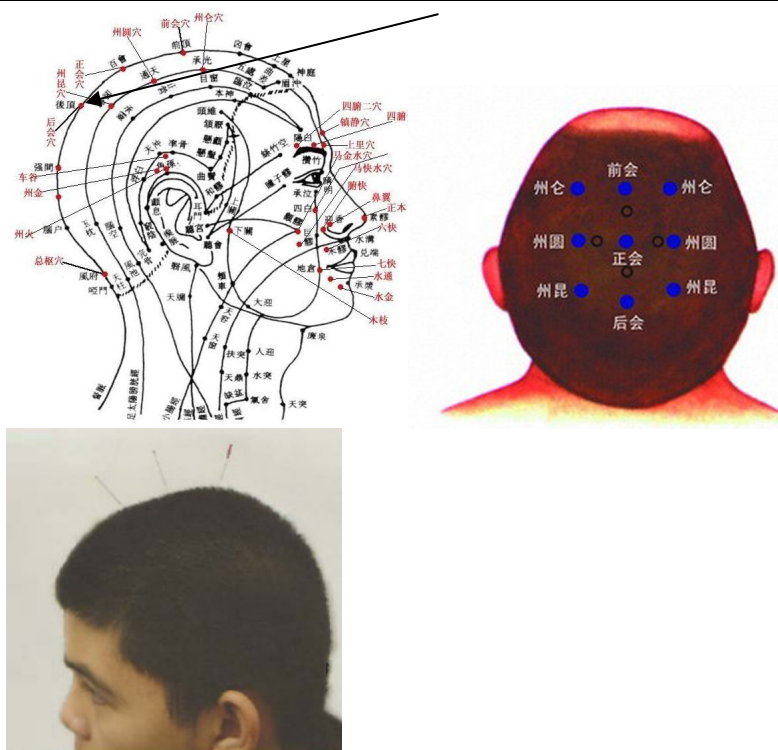


Location 部位：	1.5 <i>Cun</i> anterior to ZhengHui (1010.01). 在正会穴前一寸五分
Indications 主治：	Dizziness, blurred vision, distending feeling of the head, and neurasthenia. 头昏、眼花、脑胀、神经衰弱
Location of the point 取穴：	Locate the point 1.5 <i>Cun</i> longitudinally anterior to ZhengHui (1010.01). 当正会穴直前一寸五分处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Remarks 说明：	It is located at the site of QianDing (DU 21) and usually selected with HouHui (1010.06) and ZhengHui (1010.01) as <i>DaoMa</i> technique. 本穴位置与督脉之前顶穴相符，常与后会穴及正会穴倒马并用
Mechanism, Elucidation and Application: 发挥	See ZhengHui (1010.01).

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1010.06 HouHui (Posterior Meeting) 后会穴

Image 附图：

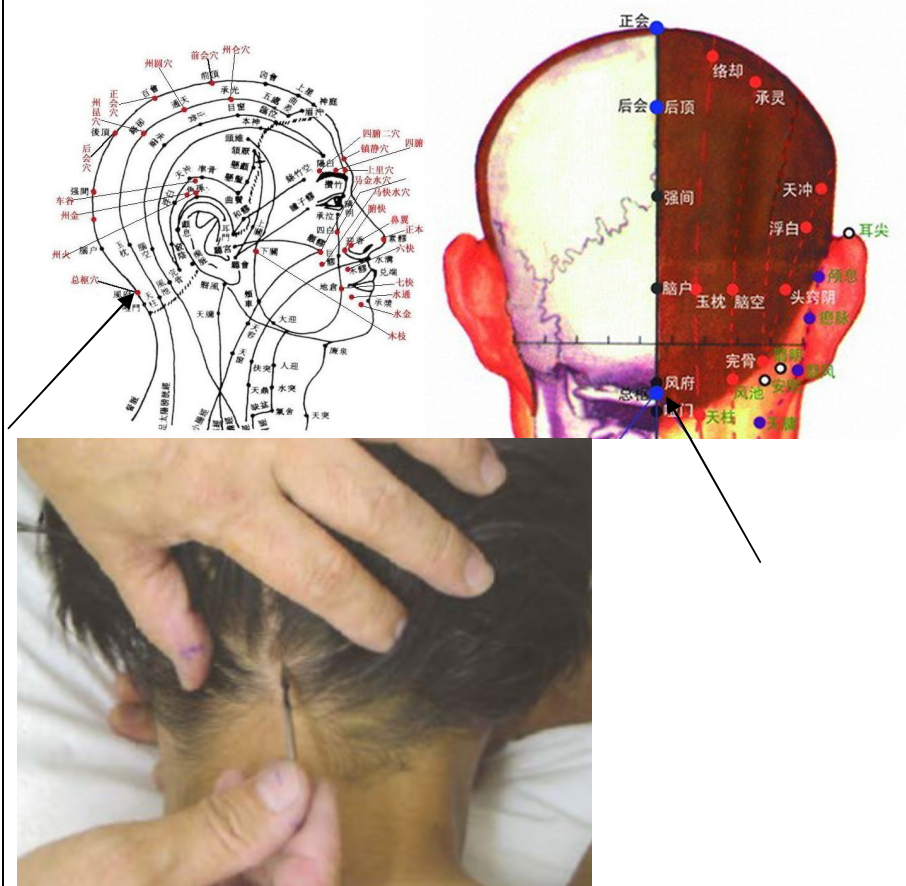


Location 部位：	1.6 <i>Cun</i> longitudinally posterior to ZhengHui (1010.01) . 在正会穴直后一寸六分
Indications 主治：	Bone tuberculosis, mild headache, dizziness, spinal pain [most effective for pain in the T12, L1 and L2 vertebrae], encephalemia, aphasia due to Wind-stroke, hemiplegia, and nerve paralysis. 骨结核、头痛（轻度）、头晕、脊椎骨痛（对第十九至廿一椎最有效）、脑充血、中风不语、半身不遂、神经麻痹
Location of the point 取穴：	Locate the point 1.6 <i>Cun</i> longitudinally posterior to ZhengHui (1010.01) . 当正会穴直后一寸六分处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深二分至三分
Remarks 说明：	It is located at the site of HouDing (Du 19) and usually selected with BaiHui (Du 20) as <i>DaoMa</i> technique. 本穴位置与督脉之后项穴位置相符，常作为百会之倒马针
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. The mechanism of this point is the same as that of BaiHui (Du 20). 2. Based on the holographic correspondence between head and sacrum, the point is therefore indicated in coccygeal vertebra pain. In case of pain of this point, it is also effective to needle the coccygeal vertebra (see point ChongXiao DT.17). 本穴能治尾椎疼痛。本处疼痛，针尾椎处亦能治疗之（见冲霄穴），皆有特效 3. All the above six points have strong sedative function and the function to activate the circulation and the channels. It is also commonly used to treat hemiplegia and various kinds of Wind syndromes. 本穴连同前述之正会、州圆、州仑、州昆、前会等穴镇定及活络作用均极强，治疗半身不遂及各种风症概为常用

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1010.07 ZongShu (Total Pivot) 总枢穴

Image 附图：



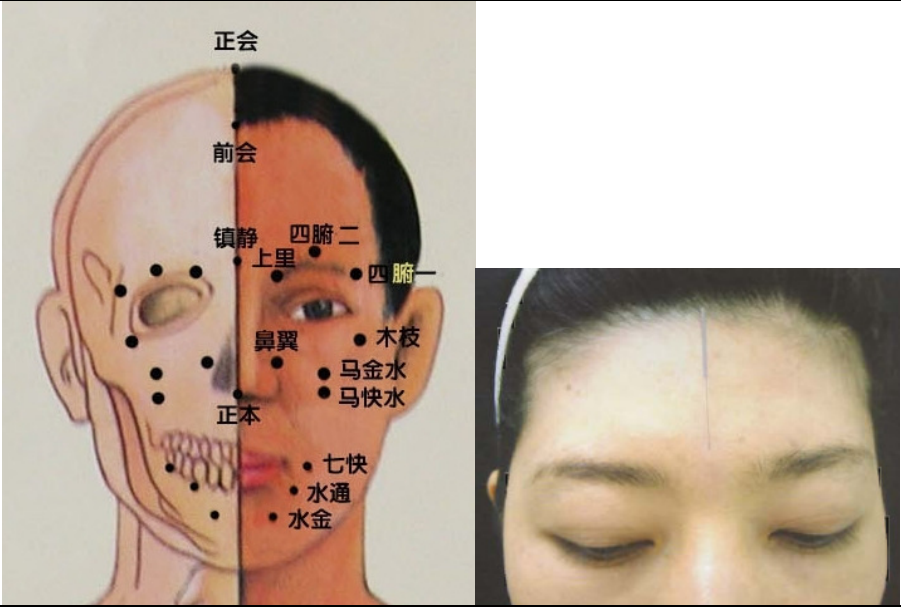
Location 部位：	0.8 <i>Cun</i> above the posterior hairline. 后头部入发际八分
Regional Anatomy	Between the occipital bone and the 1 st cervical vertebra.
Indications 主治：	Vomiting, disorders of the six <i>Fu</i> organs, neck pain, heart failure, cholera morbus, and aphonia. 呕吐、六腑不安、项痛、心脏衰弱、霍乱、发言无声
Location of the point 取穴：	Locate the point 0.8 <i>Cun</i> above the posterior hairline. 当后头部入发际八分处是穴
Manipulation 手术：	Insert the needle 0.1-0.2 <i>Cun</i> deep. Most effective results is obtained by bloodletting with a three-edged needle, particularly for children. 针深一分至二分，用三棱针最有效，尤其小儿
Remarks 说明：	It is contraindicated to insert over 0.3 <i>Cun</i> deep, but for aphonia, the needle is permitted to a depth of 1/3 <i>Cun</i> for cure. When three-edged needle is used for bloodletting, first pinch up the muscle around the point, then insert the needle. It is located 0.8 <i>Cun</i> above the posterior hairline, between FengFu (Du 16) and YaMen (Du 15) . But some maintain that it is at the site of FengFu (Du 16) . 对本穴一般针深禁止超过三分，但失音者可针深至三分，使其发音恢复正常。用三棱针出血时，应用手将本穴之肌肉捏起，而后刺之。本穴入发际八分，介于督脉之风府穴与哑门之间，一说即督脉之风府穴
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Pricking this point to cause bleeding with a three-edged needle has a special effect for the above mentioned diseases. In filiform needling, puncturing this point with the needle of 26 gives the best results, but deep insertion is not advisable. 治疗上述各症以三棱针点刺确有特效，以二十六号针施治效果亦佳，唯不宜刺入太深 2. Based upon the correspondence between the anterior and posterior, it is

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	<p>indicated in the anterior diseases such as nausea and vomiting, and dysphonia.</p> <p>3. Like "Feng (Wind) Fu" (Du 16), also located on the <i>Du</i> channel, it has very strong sedative function.</p>
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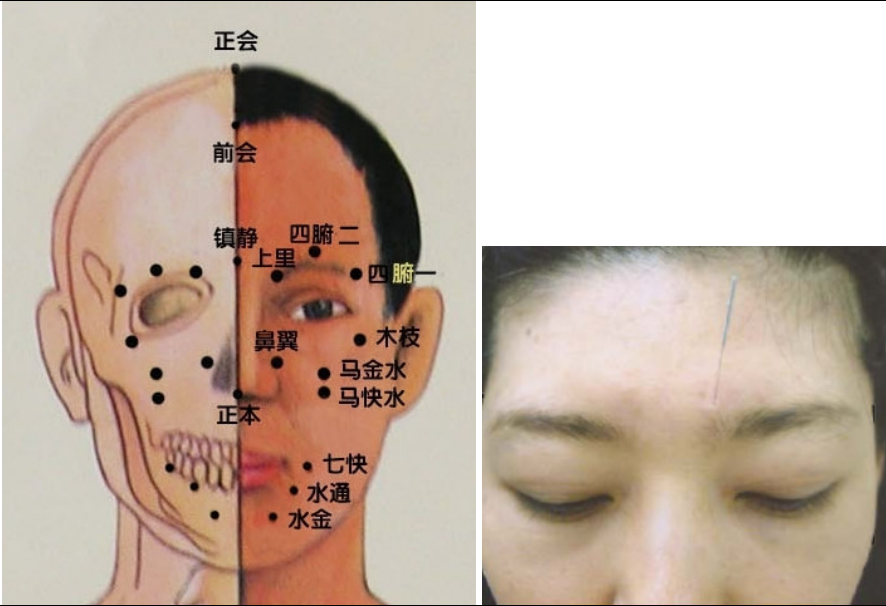
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1010.08 ZhengJing (Tranquility) 镇静穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>1/3 of a <i>Cun</i> above the midpoint between the two eyebrows. 在两眉头之间正中之上三分</p>
<p>Indications 主治：</p>	<p>Mental disorders, tremor of limbs, soreness and weakness of legs, paralysis of limbs, insomnia, and morbid night crying of babies. 神经错乱、四肢发抖、两腿酸软、四肢神经麻痹、失眠、小儿梦惊</p>
<p>Location of the point 取穴：</p>	<p>Locate the point 0.3 <i>Cun</i> longitudinally above the midpoint between the two eyebrows. 当两眉头之间正中之上三分处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle subcutaneously towards the nose with a depth of 0.1-0.2 <i>Cun</i>. 针深一分至二分，由上往下扎（即皮下针）</p>
<p>Usage 运用：</p>	<p>It is effective only when ZhengHui (1010.01) is combined. 本穴应与正会穴配针，才有疗效</p>
<p>Remarks 说明：</p>	<p>This point is 0.3 <i>Cun</i> above YinTang (Extra). Besides subcutaneous needling, it is also selected sometimes for bloodletting. In the previously published book, this point overlaps YinTang (Extra) and the functions are similar. Now we relocated this point according to Master Tung's original description, it is 0.3 <i>cun</i> above YinTang (Extra). 本穴位置与一般奇穴之印堂穴位置相符，除皮下针外，有时还可以点刺出血。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point is close to YinTang (Extra) and is located on the <i>Du</i> channel, and therefore has very strong sedative effect. According to the holography, this point corresponds to the heart which dominates the mind, and it is therefore indicated in fullness in the chest with mental restlessness and startled sleep.</p>

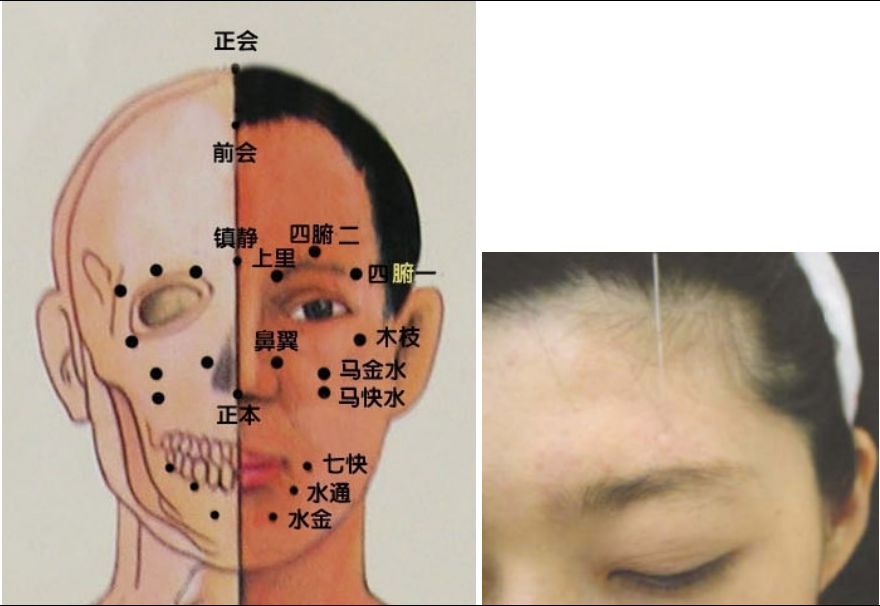
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1010.09 ShangLi (Upper Mile) 上里穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>0.2 of a <i>Cun</i> above the medial end of the eyebrow. 在眉头上二分</p>
<p>Indications 主治 :</p>	<p>Dizziness and headache. 眼昏、头痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.2 <i>Cun</i> above the medial end of the eyebrow. 当眉头之上二分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle subcutaneously to a depth of 0.1-0.2 <i>Cun</i>. 皮下针, 针深一分至二分</p>
<p>Remarks 说明 :</p>	<p>This point is close to ZanZhu (UB 2), 0.2 <i>Cun</i> above it. According to the previous book, it overlaps ZanZhu (UB 2). Now it is relocated according to Master Tung's description, it is 0.2 <i>Cun</i> above ZanZhu (UB 2) and the two points have the same indications. 本穴位置与膀胱经之攒竹穴相符</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point is close to ZanZhu (UB 2) and is an important point for dizziness and headache.</p>

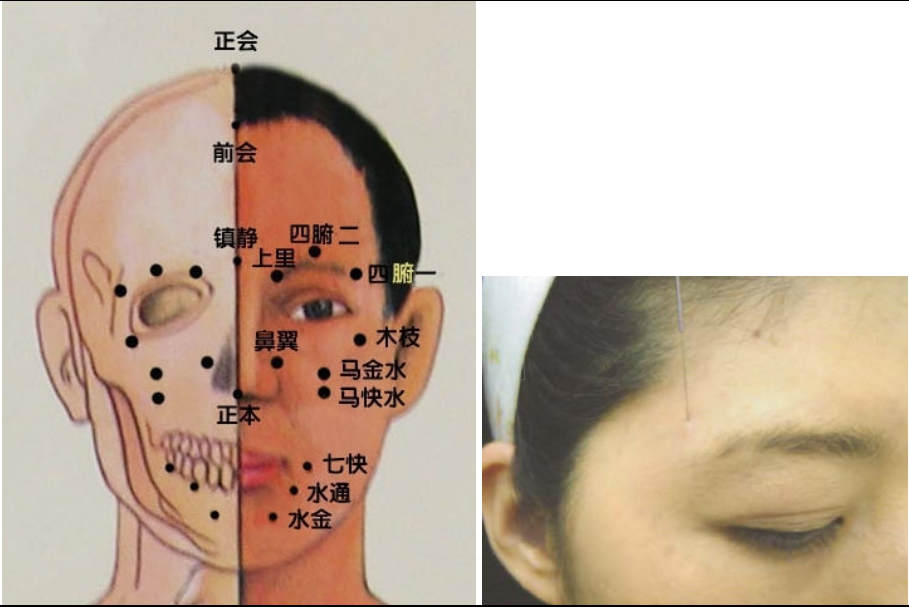
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1010.10 SiFuEr (Four Bowels Second Point) 四腑二穴

<p>Image 附图 :</p>	 <p>The diagram shows a frontal view of a human head with various acupuncture points marked. The point SiFuEr (四腑二) is located on the forehead, 0.2 Cun above the center of the eyebrows. Other points labeled include Zhenghui (正会), Qianhui (前会), Zhenjing (镇静), Shangli (上里), SiFuYi (四腑一), Muzhi (木枝), Biyu (鼻翼), MaJinshui (马金水), MaKuaishui (马快水), Zhengben (正本), Qifast (七快), Shuitong (水通), and Shuijin (水金). The photograph shows a close-up of the forehead with a needle inserted at the SiFuEr point.</p>
<p>Location 部位 :</p>	<p>0.2 <i>Cun</i> above the center of the eyebrows. 在眉毛之中央上二分</p>
<p>Indications 主治 :</p>	<p>Lower abdominal distension, dizziness and headache. 小腹胀、眼昏、头痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.2 <i>Cun</i> above the center of the eyebrows. 当眉中央之直上二分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle subcutaneously to a depth of 0.1-0.2 <i>Cun</i>. 皮下针，针深一分至二分</p>
<p>Remarks 说明 :</p>	<p>It is close to YuYao (Extra), 0.2 <i>Cun</i> above it. In the previous book, this point overlaps the point YuYao (Extra). Now, it is relocated according to Master Tung's description, it is 0.2 <i>Cun</i> above YuYao (Extra), and has the same function as YuYao (Extra). 本穴位置与一般奇穴之“鱼腰”相符</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See SiFuYi (1010.11).</p>

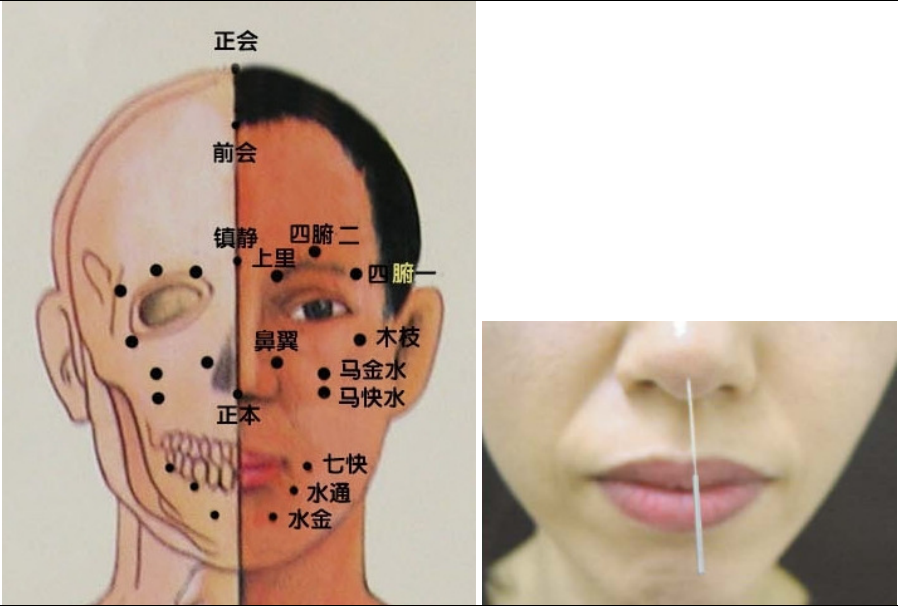
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1010.11 *SiFuYi* (Four Bowels First Point) 四腑一穴

<p>Image 附图 :</p>	 <p>The diagram shows a frontal view of a human head with various acupuncture points marked. The point SiFuYi is located 0.2 Cun above the lateral end of the eyebrow. Other points labeled include Zhenghui, Qianhui, Zhenjing, Shangli, Sifur 2, Sifur 1, Muzhi, Ma Jin Shui, Ma Kuai Shui, Zhengben, Qixue, Shuitong, and Shuijin. The photograph shows a close-up of the forehead with a needle inserted at the SiFuYi point.</p>
<p>Location 部位 :</p>	<p>0.2 <i>Cun</i> above the lateral end of the eyebrow. 在眉尖之上二分</p>
<p>Indications 主治 :</p>	<p>Lower abdominal distension, blurred vision, and headache. 小腹胀、眼昏、头痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.2 <i>Cun</i> above the lateral end of the eyebrow. 当眉尖之上二分处取之</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle subcutaneously to a depth of 0.1-0.2 <i>Cun</i>. 皮下针，针深一分至二分</p>
<p>Usage 运用:</p>	<p>It is most effective for a sudden headache when <i>SiFuYi</i> (1010.11), <i>SiFuEr</i> (1010.10) and <i>ShangLi</i> (1010.09) are bloodlet simultaneously. 四腑一、四腑二及上里三穴用三棱针同扎出血为治临时头痛之特效针</p>
<p>Remarks 说明 :</p>	<p>This point is close to <i>SiZhuKong</i> (SJ 23) of the <i>Sanjiao</i> channel, 0.2 <i>Cun</i> above it. According to the previous book, it overlaps point <i>SiZhuKong</i> (SJ 23). It is now relocated according to Master Tung's description, it is 0.2 <i>Cun</i> above <i>SiZhuKong</i> (SJ 23), and has the same function. 本穴位置与胆经之丝竹空穴相符</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. Like <i>ShangLi</i> (1010.09) and <i>SiFuEr</i> (1010.10), it is also a most effective point for frontal headache. 本穴与上里、四腑二点刺同为治疗前头痛之特效要针 2. <i>SiFuYi</i> (1010.11), <i>SiFuEr</i> (1010.10), <i>YuYao</i> (Extra) and <i>SiZhuKong</i> (SJ 23) are all indicated in dizziness and headache. 3. <i>SiFuYi</i> (1010.11), <i>SiFuEr</i> (1010.10) have holographic correspondence to the large and small intestine, and are therefore, indicated in abdominal distension.

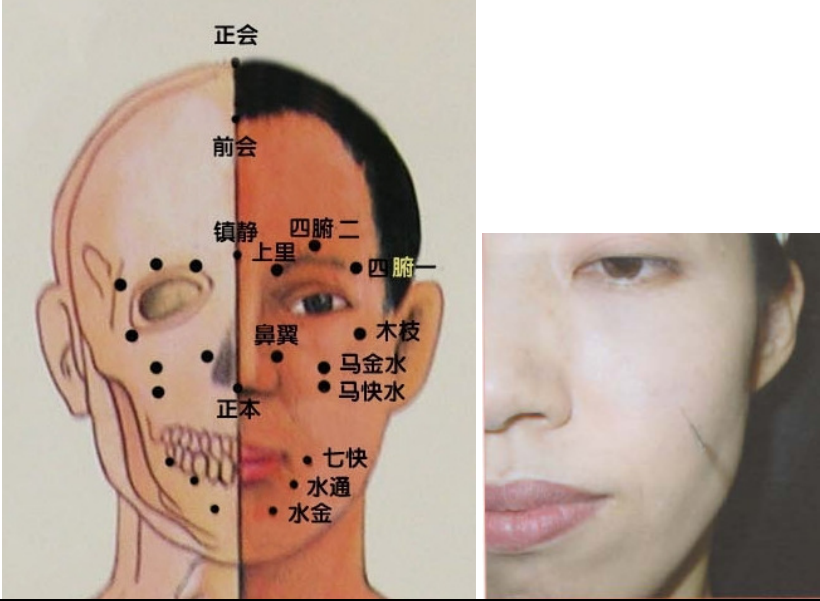
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1010.12 ZhengBen (Correct Base) 正本穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>At the nose tip. 鼻端</p>
<p>Indications 主治 :</p>	<p>Allergic rhinitis and psychosis. 敏感性鼻炎、治妖邪（鬼迷）</p>
<p>Location of the point 取穴 :</p>	<p>Ask the patient to lie on his back or sit straight. Feel the small cartilages on both sides of the nose tip and locate the point in the depression in between. 仰卧正坐均可，头稍仰起，于鼻之尖端以手摸之左右各有小软骨，中有陷凹处是穴位</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.1-0.2 <i>Cun</i> deep. 针深一分至二分</p>
<p>Usage 运用:</p>	<p>It is most effective to bleed with a three-edged needle. Needling this point may cure declined mental function and hypofunction of the Lung. 用三棱针出血最有效。脑力衰退及肺弱者，可针本穴补之</p>
<p>Remarks 说明 :</p>	<p>Don't injure the cartilage. 勿刺伤软骨 This point is located at the site of SuLiao (Du 25). 本穴即督脉之“素髌”穴</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. This point is close to the LI and ST channels (<i>YangMing</i> channels of the hand and foot), on the <i>Du</i> channel. <i>Du</i> channel is the one where all the <i>Yang</i> channels meet and is therefore able to activate <i>Yang</i>. <i>YangMing</i> channel is the one with ample <i>Qi</i> and blood and it has therefore very strong function to regulate <i>Qi</i> and blood and serve as first aid for emergency. 本穴邻近大肠经及胃经（手足阳明经），督为诸阳之会，阳明经多气多血，因此本穴调理气血作用甚强。 2. It has strong therapeutic effect to refresh the mind and induce resuscitation. It is also indicated for inebriation. 本穴提神醒脑作用极强，能治酒醉 3. Bleeding this point treats, rosacea, hypertrophy of membrane mucous of the nose and nasal obstruction. 点刺能治酒糟鼻子、鼻粘膜肥大、鼻塞等

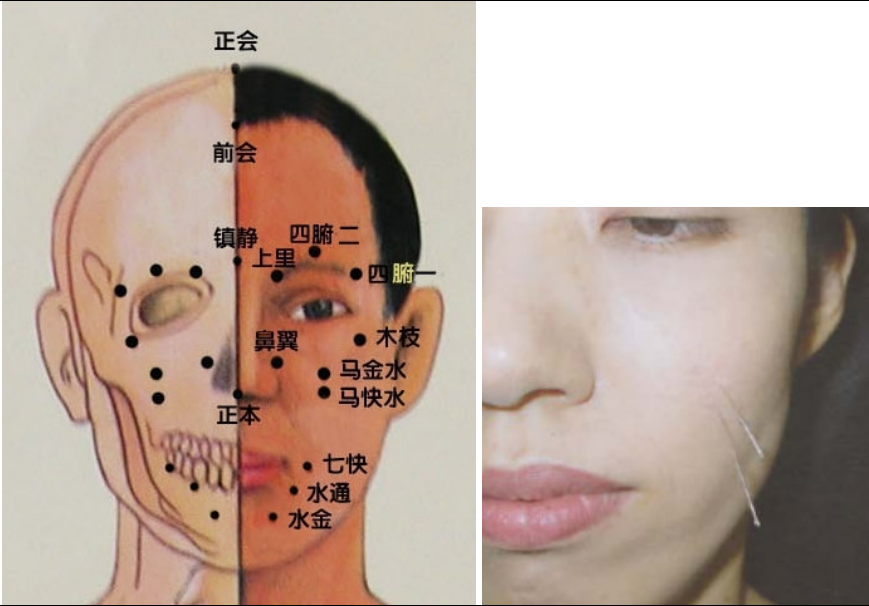
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1010.13 MaJinShui (Horse Gold Water) 马金水穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the depression beneath the lower border of the zygomatic bone, directly below the outer canthus. 在外眼角直下至颧骨之下缘陷凹处</p>
<p>Indications 主治 :</p>	<p>Kidney stones, lumbar sprain, a pain in the chest on breathing, nephritis and rhinitis. 肾结石、闪腰、岔气（呼吸时感觉痛楚）、肾脏炎、鼻炎</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the depression 1.5 <i>Cun</i> beneath the lower border of the zygomatic bone, directly below the outer canthus. 当外眼角之直下至颧骨下缘一分五陷凹处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分</p>
<p>Remarks 说明 :</p>	<p>Pain immediately relieved upon needling indicates the correct location of the point; but bleeding after withdrawal of the needle shows the point was located incorrectly. 下针后痛楚立即解除者，表示取穴正确；起针后出血，表示取穴不准 This point is close to point QuanLiao (SI 18) of the SI channel, 0.15 <i>Cun</i> below it. In the previous book, it overlaps point QuanLiao (SI 18). It is now relocated according to Master Tung's description and it is 0.15 <i>Cun</i> below QuanLiao (SI 18). The two points have the same function. 本穴位置与小肠经之“颧髎”穴位置相符，治疗上述各症，确有卓效， 治疗腰痛效果亦佳</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. It is effective indeed for the above mentioned diseases. It also has good therapeutic effect for lower back pain. 2. According to the meaning of the name "<i>MaJin</i> (Metal) <i>Shui</i> (Water)", it may affect both Lung and Kidney. It is very effective for Kidney diseases. It has the function to tonify Kidney and regulate <i>Qi</i>, and is therefore very effective for acute lumbar sprain. 顾名思义马金水者通气利肾，故治上述各病疗效甚佳

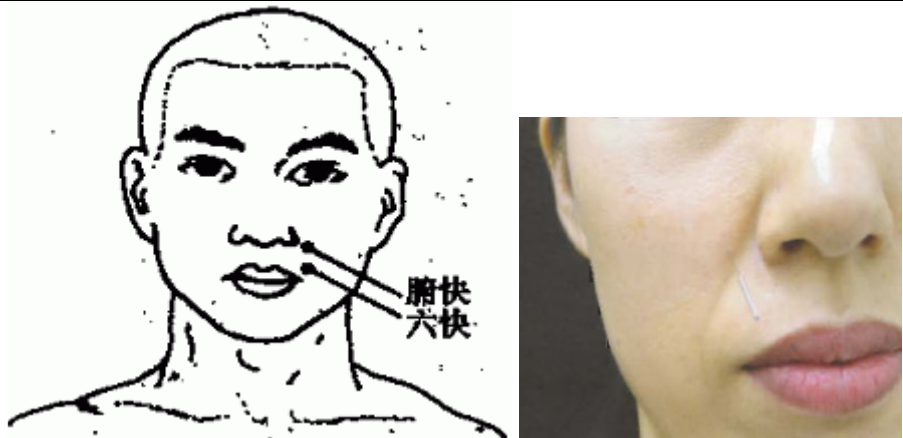
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1010.14 MaKuaiShui (Horse Fast Water) 马快水穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>0.4 <i>Cun</i> below MaJinShui (1010.13) 在马金水穴之直下四分</p>
<p>Indications 主治 :</p>	<p>Vesical calculus, cystitis, frequency of micturation, pain of the lumbar vertebra and rhinitis. 膀胱结石、膀胱炎、小便频数、腰脊椎骨痛、鼻炎</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point longitudinally 0.4 <i>Cun</i> below MaJinShui (1010.13), at the level of the lower border of the wind of the nose. 在马金水直下四分，约与鼻下缘齐处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分</p>
<p>Remarks 说明 :</p>	<p>MaKuaiShui (1010.14) is located 0.4 <i>Cun</i> inferior to MaJinShui (1010.13). The two points are used together as <i>DaoMa</i> technique, they are quite effective for kidney stone and bladder stone. 马快水位于马金水下四分，两穴倒马并用，治疗肾结石及膀胱结石，效果甚佳</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>MaKuaiShui (1010.14) is slightly inferior to MaJinShui (1010.13) and its treated area is also slightly lower. It has good therapeutic effect for pathological changes of the urinary bladder.</p>

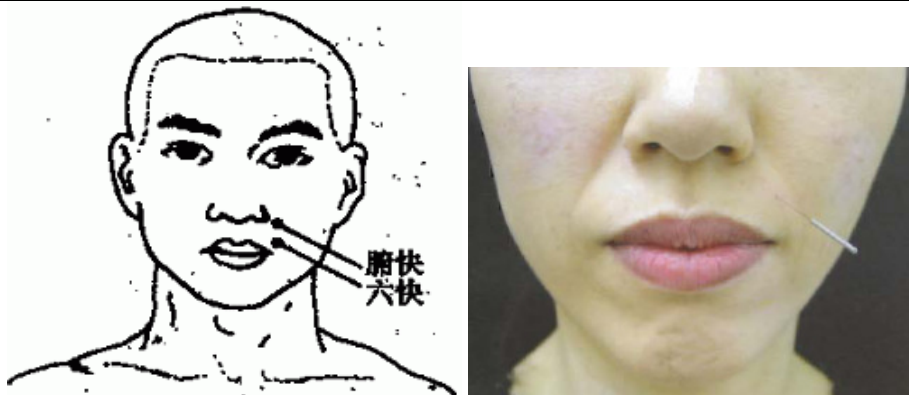
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1010.15 FuKuai (Bowels Fast) 腑快穴

Image 附图：	
Location 部位：	0.5 <i>Cun</i> from the inferior lateral aspect of ala nasi, at the level of the lower border of ala nasi. 与鼻下缘齐平，鼻角外开五分
Indications 主治：	Abdominal distension, abdominal pain and hernia. 腹胀、腹疼痛、疝气
Location of the point 取穴：	Locate the point horizontally 0.5 <i>Cun</i> from the inferior lateral aspect of ala nasi, at the level of the lower border of ala nasi. 与鼻下缘齐平，从鼻角向外横开五分处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Remarks 说明：	This point is located at the site of YingXiang (LI 20) . 本穴位置与大肠经之迎香相符
Mechanism, Elucidation and Application: 发挥	This point is the crossing point of the ST and LI channels. It is indicated in abdominal distension and pain. Since the Large Intestine is connected with the Lung, and it is therefore able to regulate <i>Qi</i> and treat hernia.


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1010.16 *LiuKuai* (Six Fast) 六快穴

Image 附图：	
Location 部位：	1.4 <i>Cun</i> lateral to the midpoint of philtrum groove (and about 0.15 <i>Cun</i> to the outer stipe of the mouth angle). 在人中（鼻至唇中央）向外平并一寸四（约距口角外纹一分五）
Indications 主治：	Urethral calculus and urethritis. 尿道结石、尿道炎
Location of the point 取穴：	Locate the point 1.4 <i>Cun</i> horizontally lateral to the midpoint of the philtrum. 从人中央向外平开一寸四分处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Usage 运用：	Together with <i>MaKuaiShui</i> (1010.14) , it functions to treat urethritis and urethral pain. 与马快水穴配针治尿道结石
Remarks 说明：	Together with <i>MaKuaiShui</i> (1010.14) , it functions to treat urethral calculus. Together with <i>QiKuai</i> (1010.17) , it functions to treat urethritis and urethral pain. 配七快治尿道炎、尿道痛
Mechanism, Elucidation and Application: 发挥	Holographically, this point corresponds to the <i>XiaJiao</i> (lower- <i>Jiao</i>). It is slightly away from <i>MaKuaiShui</i> (1010.14) . Its treated area is slightly below that of <i>FuKuai</i> (1010.15) and <i>MaKuaiShui</i> (1010.14) , and is often selected for diseases of the urethra.

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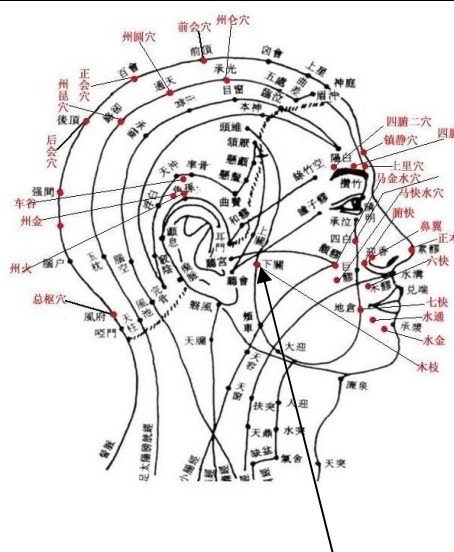
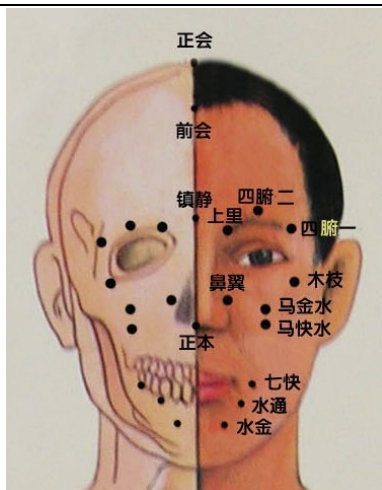
1010.17 QiKuai (Seven Fast) 七快穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>0.5 <i>Cun</i> lateral to mouth corner. 在嘴角外侧五分</p>
<p>Indications 主治 :</p>	<p>Facial paralysis, hypofunction of the Lung and urethral calculus. 面部麻痹、肺虚弱、尿道结石</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.5 <i>Cun</i> lateral to mouth corner. 当嘴角外开五分处是穴</p>
<p>Usage 运用:</p>	<p>The point of the left side is selected for right facial paralysis and vice versa. 右脸麻痹取左穴, 左脸麻痹取右穴</p>
<p>Remarks 说明 :</p>	<p>This point is located at the site of DiCang (ST 4) and functions like it. 本穴位置与胃经之地仓相符, 作用亦同</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point overlaps DiCang (ST 4) and has served as a commonly used point for facial paralysis since ancient time. However, it is selected in treatment from the healthy side. It is located below LiuKuai (1010.16) and is also indicated in diseases of the urethra.</p>

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1010.18 Muzhi (Wood Branch) 木枝穴

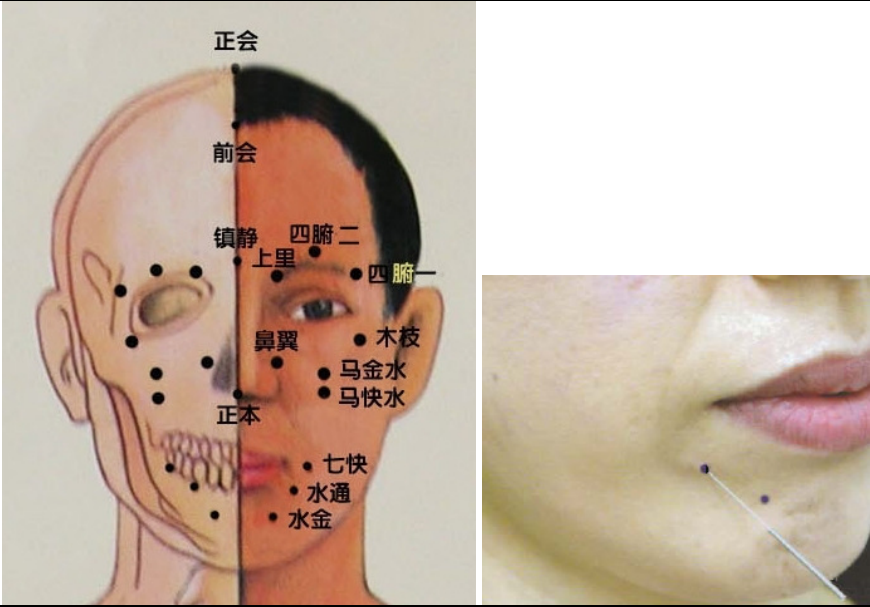
Image 附图：



Location 部位：	1 <i>Cun</i> lateral and superior to <i>MaJinShui</i> (1010.13) . 在马金水穴向外上方斜开一寸
Indications 主治：	Deficiency in the Liver and Gallbladder, biliary calculi, and morbid night crying of babies. 肝虚、胆虚、胆结石、小儿夜哭
Location of the point 取穴：	Locate the point 1 <i>Cun</i> lateral and superior to <i>MaJinShui</i> (1010.13) . 从马金水穴向外上方斜开一寸处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Remarks 说明：	This point is located between <i>XiaGuan</i> (ST 7) and <i>MaJinShui</i> (1010.14) close to and in the depression anterior to <i>XiaGuan</i> (ST 7) . In the previous book, it was mistaken and <i>XiaGuan</i> (ST 7) and is now corrected.
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This point is close to <i>XiaGuan</i> (ST 7) which is the meeting point of the Stomach and Gallbladder channels, and is therefore very effective for biliary diseases, gallbladder stone in particular, which affects both the Stomach and Gallbladder. 2. "<i>Mu</i>" means Liver. "<i>MuZhi</i>" (branch of wood) refers to Gallbladder. It is therefore indicated in various kinds of biliary diseases, and biliary stone in particular. It has good therapeutic effect indeded. 顾名思义，木枝者，胆也，治疗各种胆病，尤其是胆结石，确具卓效 3. It is also effective for various kinds of diseases due to deficiency of the Gallbladder. 治疗胆虚所致各病，效果亦佳 4. It can also treat weakness of both legs with falling tendencies in seniors. 本穴又能治老人双脚无力易摔跤

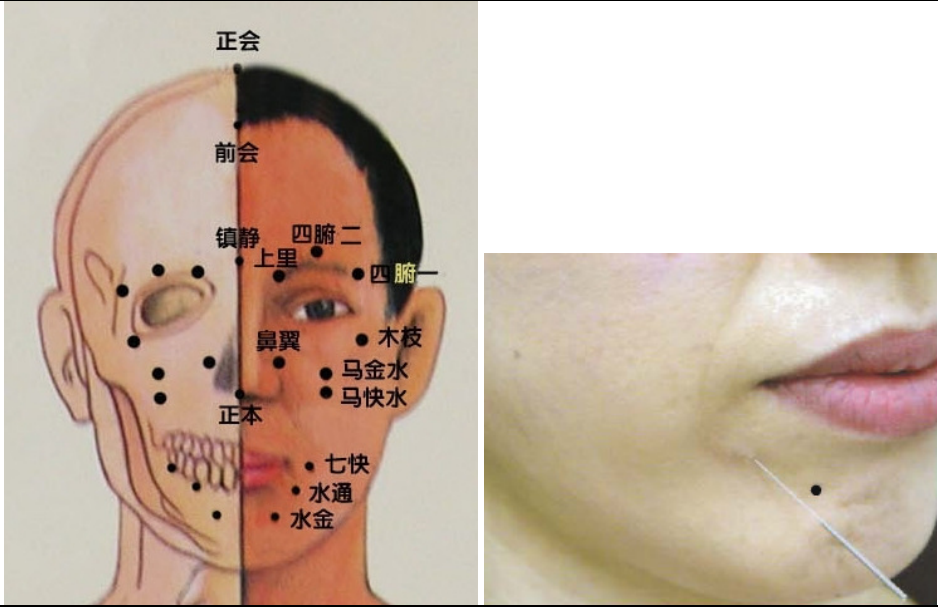
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1010.19 ShuiTong (Water Through) 水通穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>0.5 <i>Cun</i> below the corner of the mouth. 在嘴角之下五分</p>
<p>Indications 主治 :</p>	<p>Rheumatism, fatigue due to hypofunction of the Kidney, dizziness, blurred vision, Kidney deficiency, lower back pain, acute lumbar sprain, and chest pain on breathing. 风湿病、肾虚引起的疲劳、头晕、眼花、肾虚、肾亏、腰痛、闪腰、盆气</p>
<p>Location of the point 取穴 :</p>	<p>Locate 0.5 <i>Cun</i> below the corner of the mouth. 当嘴角直下五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle obliquely towards lateral side to a depth of 0.1-0.5 <i>Cun</i>. 针由内向外斜扎, 针深一分至五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>"<i>Shui</i> (Water) <i>Tong</i>" means connection with Water (Kidney). It is very effective for pathological changes of the Kidney. Holographically, it corresponds to the lower-<i>Jiao</i> (<i>XiaJiao</i>) and is very effective for renal and lumbar diseases.</p>

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1010.20 *ShuiJin* (Water Metal) 水金穴

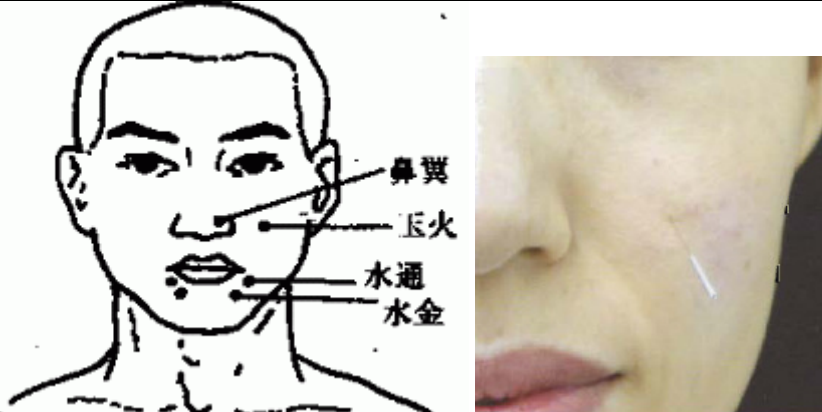
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>0.5 <i>Cun</i> medial to <i>ShuiTong</i> (1010.19). 在水通穴向里平开五分</p>
<p>Indications 主治 :</p>	<p>Rheumatism, fatigue due to hypofunction of the Kidney, dizziness, blurred vision, Kidney deficiency, lower back pain, acute lumbar sprain, and chest pain on breathing. 风湿病、肾虚引起的疲劳、头晕、眼花、肾亏、腰痛、闪腰、岔气</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 0.5 <i>Cun</i> medial and inferior to <i>ShuiTong</i> (1010.19). 从水通穴向里平开五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle obliquely towards lateral side to a depth of 0.1-0.5 <i>Cun</i>. 针由内向外斜扎、针深一分至五分</p>
<p>Usage 运用:</p>	<p><i>ShuiTong</i> (1010.19) and <i>ShuiJin</i> (1010.20) all are indicated in Kidney diseases. The needles should be inserted in the bluish spots. 水通、水金两穴均主治肾病，取穴下针时应就发青处针之</p>
<p>Remarks 说明 :</p>	<p><i>ShuiTong</i> (1010.19) is located 0.5 <i>Cun</i> below the corner of the mouth, while <i>ShuiJin</i> (1010.20) is 0.5 <i>Cun</i> medial to <i>ShuiTong</i> (1010.19). In general, when the indicated diseases occur, one may find bluish skin around these two points. Needling the bluish spots exerts remarkable effect. 水通穴位于嘴角下五分，水金穴位置则以水通为准与嘴唇平行内开五分，一般而言出现该穴主治病症之际，此二穴附近经常出现乌青，若就发青处针之，效果尤佳</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. <i>ShuiJin</i> (1010.20) and <i>ShuiTong</i> (1010.19) powerfully regulate <i>Qi</i> and are well indicated incough, asthma, hiccup, abdominal distension, nausea with vomiting, and dry cholera. It has tonic effect for various kinds of diseases due to Kidney deficiency. Master Tung often took it as one of commonly used points. 水金、水通顺气作用极强，举凡咳嗽、气喘、打呃、腹胀、呕吐、乾霍乱等皆有特效，对于肾亏所致各病，本穴又有补虚之效，为董师常用要穴之一 2. This point is needled subcutaneously with the direction towards zygoma and at a depth of 0.5 <i>Cun</i>. It is indicated in cough and asthmatic breathing with immediate effect, far better than the points of the 14-channels. 本穴针刺时向颧骨方向皮下针，可针至寸半。治咳嗽、气喘立见大效；其效果非十四经穴可及。 3. In reverse holography, the two points correspond to the trachea and lung, and in consequent holography, they correspond to the lower-<i>Jiao</i> where

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	<p>Kidney <i>Qi</i> is. This point has therefore very strong therapeutic function to strengthen Kidney and supplement <i>Qi</i>, and thus the names. 本穴组所在及所刺入之处，正当全息倒象之气管及肺所在之妊，顺象则为下焦肾气所在，故本组穴补气益肾作用极强，名为水金、水通，名符其实</p> <ol style="list-style-type: none"> 4. The name of <i>ShuiJin</i> implies connection between Water (Kidney) and Metal (Lung). It strengthens both the Lung and Kidney, promoting the descending function of the Lungs and the receiving function of the Kidney. This has excellent outcomes for treating and regulating respiration. So it has very good effect in regulating respiration. 5. The location is where the <i>YangMing</i> channel of LI distributes, it has ample <i>Qi</i> and blood, therefore the point effectively regulates <i>Qi</i> and blood. 6. LI channel of hand-<i>YangMing</i> and the Lung channel of hand-<i>TaiYin</i> are internally-externally related pair, while the foot-<i>YangMing</i> channel strengthens Earth to promote Metal. Thus, both <i>YangMing</i> channels effectively treat Lungs.
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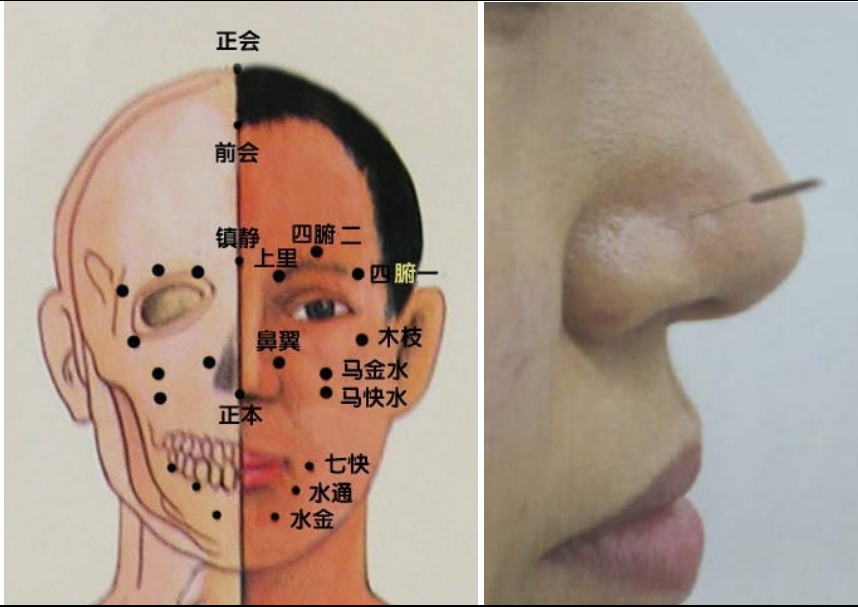
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1010.21 YuHuo (Jade Fire) 玉火穴

Image 附图 :	
Location 部位 :	In the depression below the zygomatic bone on the line connecting the center of the eye. 在眼中央直下之颧骨直下陷处
Indications 主治 :	Sciatica, pain of the shoulder and arm, limb, knee; cheek and maxillary pain. 坐骨神经痛、肩臂痛、四肢痛、膝盖痛、颧骨痛、腮骨痛
Location of the point 取穴 :	Locate the point in the depression below the zygomatic bone on the line connecting the center of the eye. 当眼中央正下方之颧骨直下陷凹处是穴
Manipulation 手术 :	Insert the needle 0.1-0.3 Cun deep. 针深一分至三分
Mechanism, Elucidation and Application: 发挥	This point adjusts the function of the Heart and Liver, primarily regulating Blood. It is indicated in deficiency and stasis of the Blood.

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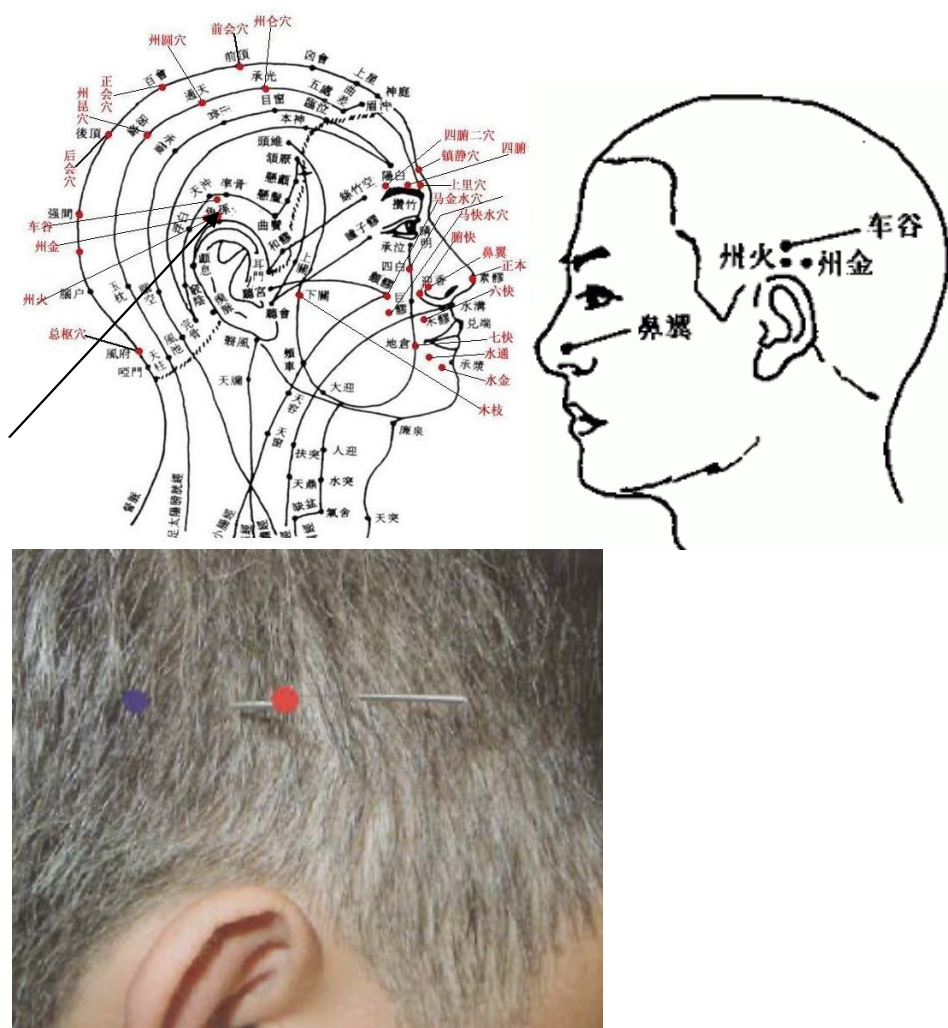
1010.22 *BiYi* (Nasal Wing) 鼻翼穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>In the depression at the superior border of ala nasi. 在鼻翼上端之沟陷中</p>
<p>Indications 主治 :</p>	<p>Supraorbital pain, dizziness, blurred vision, various neuralgia due to Kidney deficiency, hemiplegia, pain of the limbs, facial paralysis; pain, stiffness and tightness of the tongue; migraine and sore throat. 眉棱骨痛、头昏眼花、肾亏之各种神经痛、半身不遂、四肢骨痛、脸面麻痹、舌痛、舌硬、舌紧、偏头痛、喉痛。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point in the depression at the superior border of ala nasi. 当鼻翼中央上端之沟陷中取之</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.1-0.2 <i>Cun</i> deep. 针深一分至二分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> Both <i>YuHuo</i> (1010.21) and <i>BiYi</i> (1010.22) are important points for pain control. <i>YuHuo</i> (1010.21) control pain due to deficiency and stasis of Blood, while <i>BiYi</i> (1010.22) relieves pain due to deficiency and stagnation of <i>Qi</i>. 玉火及鼻翼二穴均为镇痛要穴；玉火善治血虚血瘀所致之各种疼痛，鼻翼善治气虚、气郁所致之各种疼痛 <i>BiYi</i> (1010.22) eliminates fatigue and invigorates the spirit. I often select this point to treat soreness and pain of the whole body. 鼻翼穴尚能消除疲劳，提神醒脑尤为妙用。余常用治全身酸痛极效 I often select this point to treat sciatica and have obtained very good results. 余常用此穴治坐骨神经痛亦极效 It is located between the <i>Du</i> and <i>YangMing</i> channels of the hand and foot, and therefore warms <i>Yang</i> and regulates <i>Qi</i> and blood. It adjusts the function of the Lung, Spleen and Kidney, treating diseases by regulating <i>Qi</i>. It is indicated in diseases due to deficiency and stagnation of <i>Qi</i>. It can also strengthen the Kidney, invigorates spirit and eliminates fatigue. This is because the spleen dominates the four limbs and Kidney serves as the tonic organ.

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1010.23 Zhouhuo (Perfect Fire) 州火穴

Image 附图：

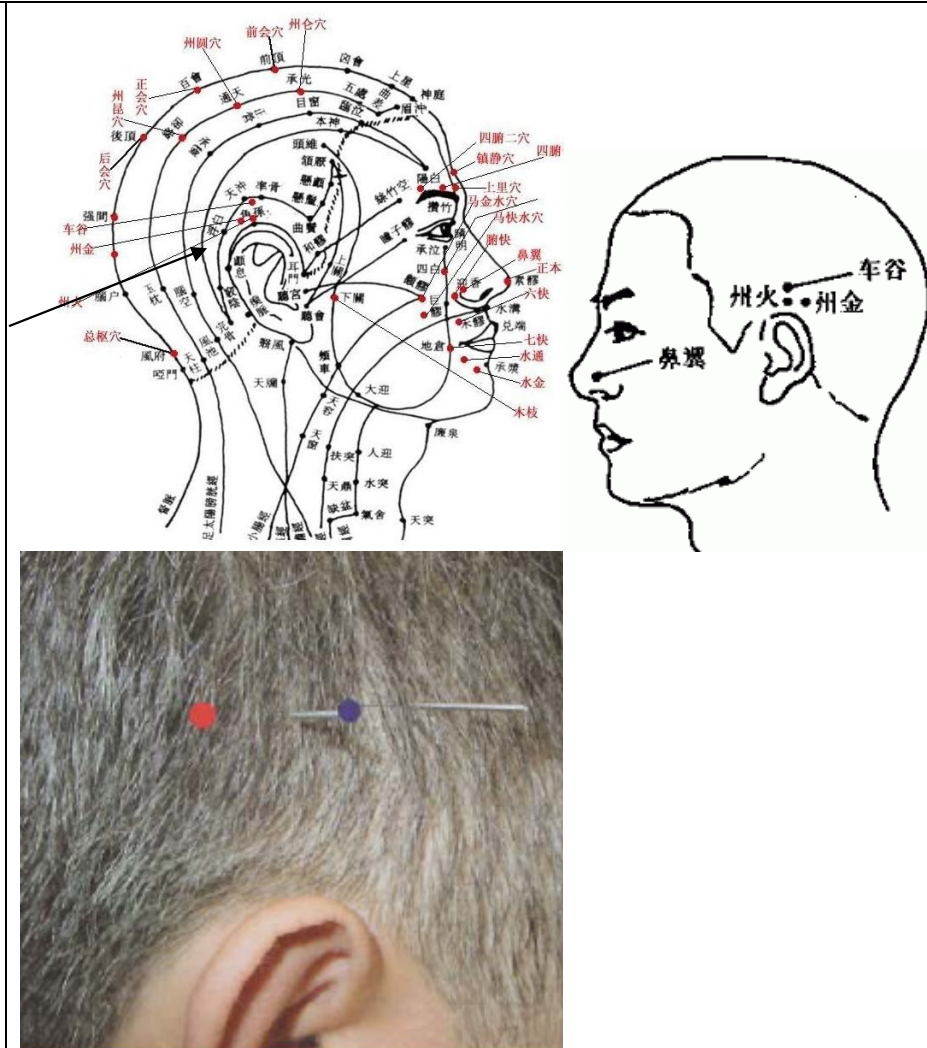


Location 部位：	1.5 <i>Cun</i> above the ear apex. 在耳尖上一寸半
Indications 主治：	Palpitations, rheumatic heart disease, weakness of limbs, and lower back pain. 心跳、风湿性心脏病、四肢无力及腰痛
Location of the point 取穴：	Press the ear against the head, and locate the point 1.5 <i>Cun</i> above the ear apex. 用手压耳抵头，在耳尖上一寸半处是穴
Manipulation 手术：	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Mechanism, Elucidation and Application: 发挥	See <i>ZhouJin</i> (1010.24).

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1010.24 ZhouJin(Prefecture Metal) 州金穴

Image 附图：

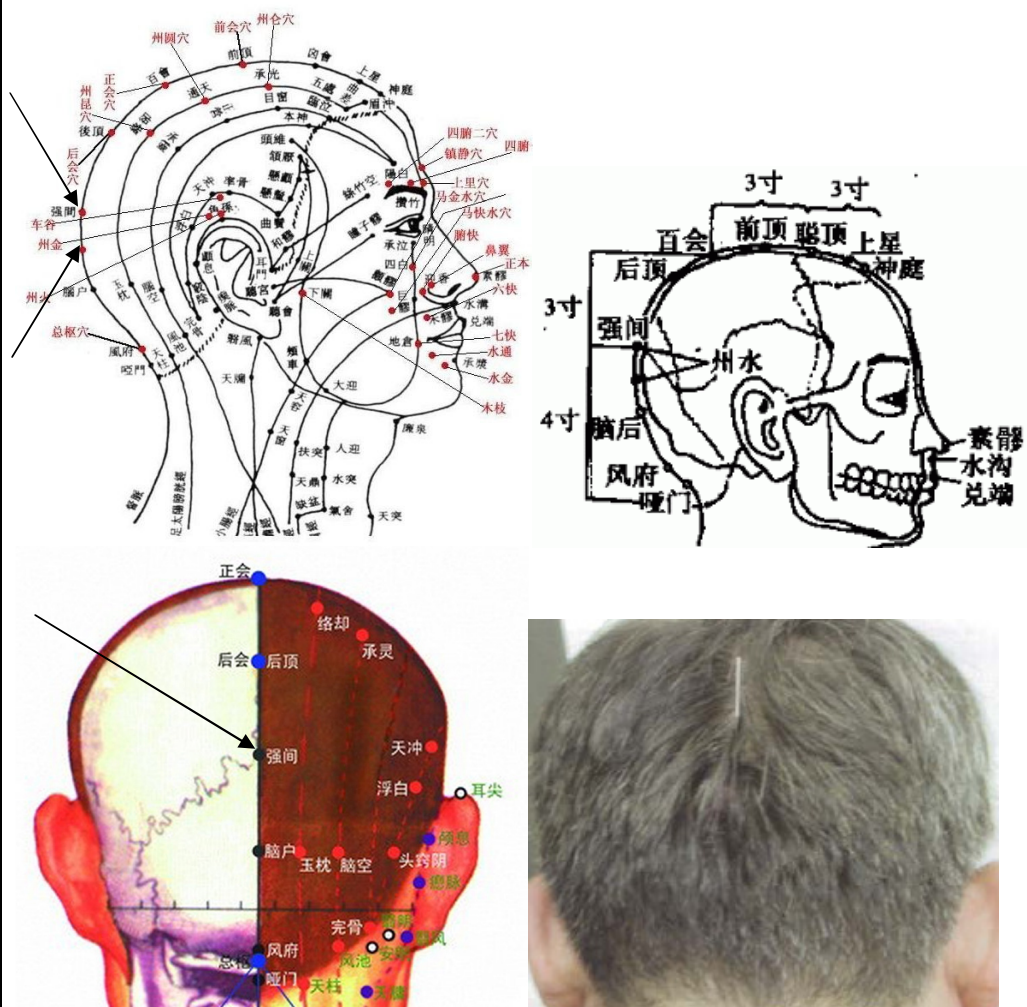


Location 部位：	1 Cun posterior to ZhengHuo (1010.23) . 在州火穴后一寸
Indications 主治：	Lower back pain, sciatica and rheumatism. 腰痛、坐骨神经痛及风湿病
Location of the point 取穴：	Locate the point 1 Cun posterior to ZhouHuo (1010.23) . 从州火穴向后一寸处取之
Manipulation 手术：	Insert the needle 0.1-0.3 Cun deep. 针深一至三分
Mechanism, Elucidation and Application: 发挥	The name " ZhouHuo " implies "affecting the Heart". It treats the cardiovascular diseases. " ZhouJin " implies "affecting the Lung". As mentioned previously Master Tung's extra points that are indicated for Lung conditions also treat sciatica. Further, this point is located at the crossing point of the SJ, GB and BL channels, thus enhancing its efficacy for sciatica, heart and lungs.

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1010.25 ZhouShui (Prefect Water) 州水穴

Image 附图 :

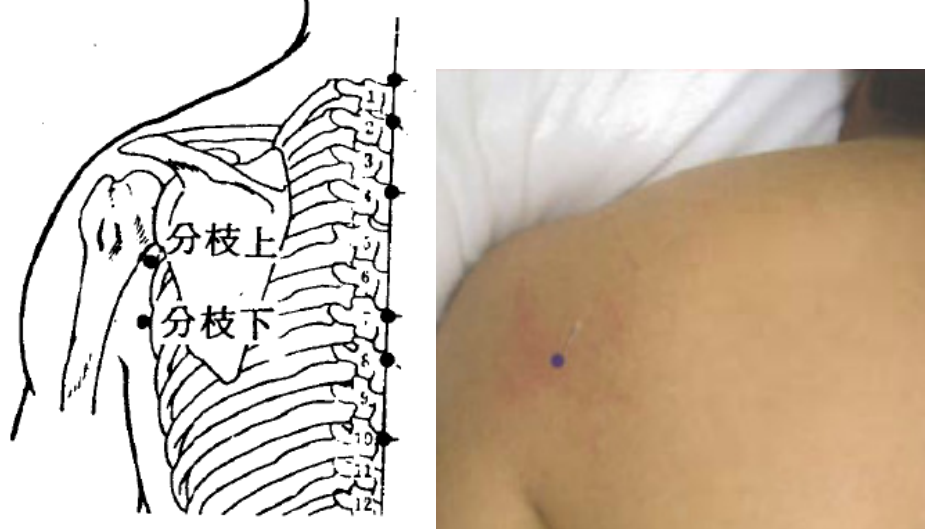


Location 部位 :	The first one is at the center of the occipital protuberance and the second 0.8 <i>Cun</i> above the first. 在后脑高骨之中央及其上八分
Indications 主治 :	Pain of the lumbar vertebrae, paralysis of the lower limbs, and enervation. 腰部脊椎骨痛、下肢麻痹、神经无力
Location of the point 取穴 :	Locate the first point at the center of the occipital protuberance and the second 0.8 <i>Cun</i> above the former. 在后脑高骨之尖端中央一穴，其上八分又一穴，共二穴
Manipulation 手术 :	Insert the needle 0.1-0.3 <i>Cun</i> deep. 针深一分至三分
Mechanism, Elucidation and Application: 发挥	This point is located on the <i>Du</i> channel and can therefore treat spinal and lumbar vertebrae. It is located in the middle of the occipital bone, corresponding to the spinal vertebrae, and is therefore able to treat diseases of the spine. Further, the <i>Du</i> channel wams <i>Yang</i> and treats weakness of the lower limbs, it is similar to FengFu (Du 16) .

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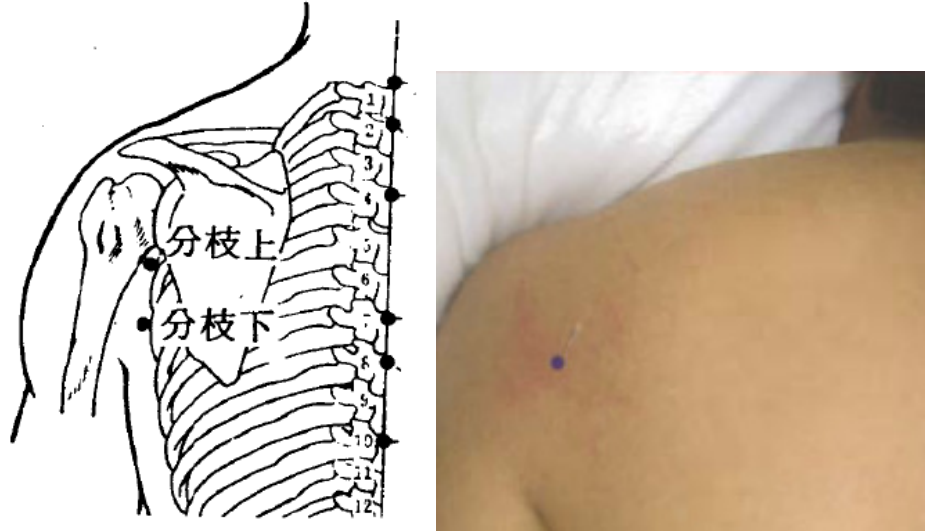
Chapter 11 - Points of the Back (DT.00) 第十一章◎后背部位

DT.01 FenZhiShang (Separate Branch Upper Point) 分枝上穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>At the connecting fork of the scapula and humerus. 在肩胛骨与肱骨连接之叉口下</p>
<p>Indications 主治：</p>	<p>Drug poisoning; snake, scorpion or centipede bite; bromhidrosis; foul breath; diabetes, rabies; urodynia; blood strangury; <i>Lin</i> syndrome in venereal disease; food poisoning; suicide by taking poison (mild case); itching of the whole body; gas poisoning and atomic dust poisoning. 药物中毒，蛇、蝎、蜈蚣等虫毒、狐臭、口臭、糖尿病、疯狗咬伤、小便痛、血淋、性病之淋病、食物中毒、服毒自杀（轻则可治，重则难医），全身发痒、瓦斯中毒、原子尘中毒。</p>
<p>Location of the point 取穴：</p>	<p>Locate the point at the posterior axillary chink right below the acromion, 1 <i>Cun</i> below the scapula joint. 在肩峰突起后侧直下之腋缝中，当肩胛关节之下一寸处是穴</p>
<p>Manipulation 手术：</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep. 针深一寸至一寸五分</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>See <i>FenZhiXia</i> (DT.02)</p>


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DT.02 FenZhiXia (Separate Branch Lower Point) 分枝下穴

Image 附图：	
Location 部位：	1.5 <i>Cun</i> below and slightly medial to FenZhiShang (DT.01) . 在分枝上穴稍向内斜下一寸半
Indications 主治：	Drug, gas or food poisoning; snake, scorpion or centipede bite; bromhidrosis; foul breath; diabetes; rabies; urodynia; bloody strangury; gonorrhea; suicide by taking poison (mild case); itching of the whole body; atomic dust poisoning and acute mastitis. 药物中毒、蛇、蝎、蜈蚣等虫毒、狐臭、口臭、糖尿病、疯狗咬伤、小便痛、血淋、性病之淋病、食物中毒、服毒自杀（轻则可治，重则难医），全身发痒、瓦斯中毒、原子尘中毒、乳炎
Location of the point 取穴：	Locate the point 1.5 <i>Cun</i> below FenZhiShang (DT.01) and 0.5 <i>Cun</i> medial to it. 当分枝上穴之直下一寸半再向内横开五分处是穴
Manipulation 手术：	Insert the needle 1-1.5 <i>Cun</i> deep. 针深五分至一寸
Usage 运用：	The point is usually selected as an auxiliary point for FenZhiShang (DT.01) . 本穴通常为分枝上穴之配针
Mechanism, Elucidation and Application: 发挥	This point is located adjacent to JianZhen (SI 9) where the <i>Qi</i> of the Small Intestine is invigorated. Master Tung means "secretory nerve" has the function to separate the clear from the turbid, eliminate Damp and promote urination. It also has the function to dredge the <i>SanJiao</i> , regulate endocrine system and strengthen the immune function.

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DT.03 QiXing (Seven Stars) 七星穴

Image 附图：	
Location 部位：	<p>The 1st one ZongShu (1010.07, DT.03-1): 0.8 <i>Cun</i> above the posterior hairline; the 2nd one FenShu (DT.03-2): 1 <i>Cun</i> below the 1st one; the 3rd one ShiShu (DT.03-3): 2 <i>Cun</i> below the 1st one; the 4th and 5th ones [right and left ZhiYu (DT.03-4, 5)]: 0.8 <i>Cun</i> lateral to FenShu (DT.03-2); the 6th and 7th ones [right and left ShiYu (DT.03-6, 7)]: longitudinally 1 <i>Cun</i> below ZhiYu (DT.03-4, 5) (seven points in total). 包括在项部入发际八分之总枢穴，其下一寸之分枢穴，下二寸之时枢穴，以及向两旁横开八分去发一寸之支禹穴，及支禹穴下一寸之士禹穴（共七穴）</p>
Indications 主治：	<p>Nausea and vomiting (disturbance in the "Five Zang organs"), common cold and headache, infantile high fever, and infantile convulsion. 呕吐（五脏不安），感冒头痛、小儿高烧、小儿各种风症</p>
Location of the point 取穴：	<p>Musculature: Between the 1st and 5th cervical vertebrae. Vasculature: Branches of the occipital artery and vein, interspinal venous plexus. Innervation: The 1st and 5th occipital nerves. [ZongShu (DT.03-1), FenShu (DT.03-2), and ShiShu (DT.03-3) controlled by the common cerebral nerve; and ZhiYu (DT.03-4,5) and ShiYu (DT.03-6,7) controlled by the pulmonary branch nerve.]</p>
Manipulation 手术：	<p>A three-edged needle is used to conduct bloodletting on the points. The first three (DT.03-1, 2, 3) are selected as the main points, while the latter four as the auxiliary points. 用三棱针放血，以总枢、分枢、时枢三穴为主，支禹、士禹穴为配针</p>
Remarks 说明：	<p>On bleeding, pinch up the skin around the point with thumb and index fingers, and puncture the point accurately with a three-edged needle. Avoid injury to the common cerebral nerve or DanTian in children; to prevent deafness or dumbness. 放血时，应用拇指及食指捏起穴位肌肉，然后对准穴位扎针出血，扎小儿应特别注意，以免上伤脑部总神经，下伤丹田，致耳声音哑 About ZongShu (1010.07, DT.03-1), see Chapter 10. FenShu (DT.03-2) is 1 <i>Cun</i> below ZongShu. Because there are 7 points in total, it is named "<i>QiXing</i> (seven stars)". It is unnecessary to needle them simultaneously. Usually, needling is only performed on the first two points with satisfactory results; however, blood-letting is more effective. Sometimes the procedures are performed on FengFu (DU 16) and YaMen (DU 15), which have similar effect since they are close to each other. 总枢穴在前述十十部位之总枢穴已有说明。分枢在总枢下一寸，虽然因为有七个穴道，故称七星，但并不需要每个穴都针，一般只要针总枢、分枢即能达到疗效，点刺出血效果更佳。由于穴位相近取风府、哑门疗效亦同。但以刺血为主</p>
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. This group of points includes the points of the <i>Du</i> and Bladder channels. The BL channel dominates the exterior and the points are therefore indicated in common cold. The <i>Du</i> channel controls all the <i>Yang</i> channels and regulates Cold and Heat. In the group, ZongShu (1010.07, DT.03-1) and FenShu (DT.03-2) are the site of FengFu (DU 16) and YaMen (DU 15), and dispel Wind. 2. According to the correspondence of the anterior and posterior, it is indicated in nausea and vomiting. 3. It is convenient and safe to bloodlet the point with a lancet or a three-

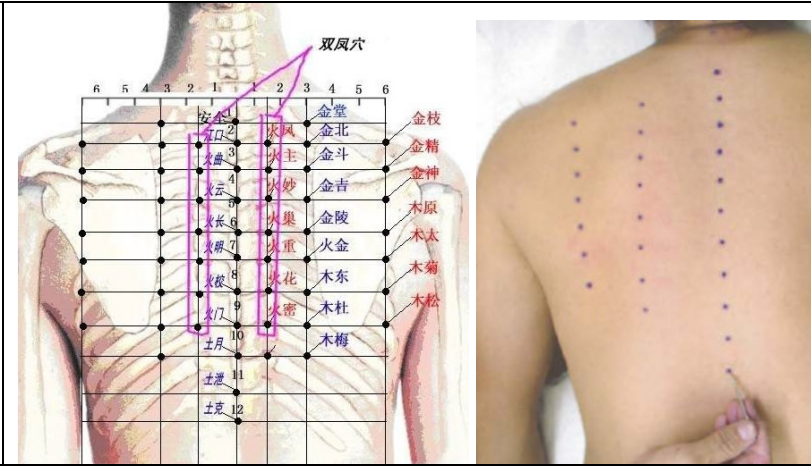
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	edged needle without pinching up the muscle.
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DT.04 WuLing (Five Mountain Ridges) 五岭穴

Image 附图 :



Location 部位 :

There are five point lines: 包括五道穴线

The 1st point line: Starting from the 2nd to the 12th thoracic vertebrae, each point is below the spinal vertebrae, namely **JiangKou (II)**, **HuoQu (III)**, **HuoYun (IV)**, **HuoChang (V)**, **HuoMing (VI)**, **HuoXiao (VII)**, **HuoMen (VIII)**, **TuYue (IX)**, **TuXie (X)**, and **TuKe (XI)** respectively, 10 points in total. 第一道穴线从大椎骨下第二节江口穴起，每下一节为一穴，其顺序为火曲、火云、火长、火明、火校、火门、土月、土泄，直至第十椎下土克穴为止，共十穴。

The 2nd point line (on the left and right): Horizontally 4 finger-breath from the 1st line, starting from the level of 2nd thoracic vertebra, goes straight downward, one point each *Cun*, namely **JinBei (XXIII)**, **JinDou (XXIV)**, **JinJi (XXV)**, **JinLing (XXXVI)**, **MuDong (XXVIII)**, **MuDu (XXIX)**, and **MuMei (XXX)**, 8 points in total. 第二条穴线（左右共两条）从江口穴向左右平开四指，金北穴起每下一寸为一穴，其顺序为金斗、金吉、金陵、木东、木杜直至木梅穴为止，共八穴。

The 3rd line (on the left and right): Horizontally 4 finger breadth from the 2nd line, starting from the level of 2nd thoracic vertebra, goes straight downward, one point each *Cun*, namely **JinZhi (XXXVII)**, **JinJing (XXXVIII)**, **JinShen (XXXIX)**, **MuYuan (XL)**, **MuTai (XLI)**, **MuJu (XLII)**, and **MuSong (XLIII)**, 7 points in total. 第三条穴线（左右共两条）从第二条线向外横开四指，共有金枝、金精、金神、木原、木太、木菊、木松七穴，每穴间隔约一寸

Indications 主治 :

Hypertension, severe cold, high fever, chill, sudden dizziness, headache, numbness of hands and feet due to hypertension, hemiplegia, cholera morbus of *Yin* and *Yang* types, vomiting and various kinds of eruptive diseases, lower back pain due to arteriosclerosis, dry cholera, and acute stomachache. 血压高、重感冒、发高烧、发冷、突然引起之头晕、头痛、高血压引起之手足麻痹、半身不遂、阴霍乱、阳霍乱、呕吐及各种痧症、血管硬化之腰痛，干霍乱、急性胃痛

Location of the point
取穴 :

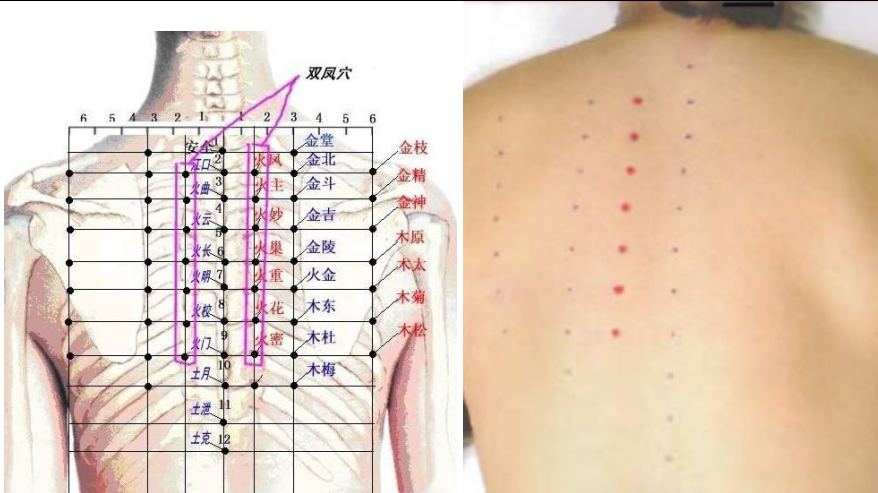
Musculature: Supraspinal ligament of the lumbodorsal fascia, interspinal ligament, the trapezius muscle and rhomboid muscle; in the deeper layer, the longissimus muscle.
Vasculature: The dorsal branches of the 1st-9th intercostals artery and vein.
Innervation: Posterior, medial branch nerve trunk of the 8th cervical nerve to the 5th thoracic nerve, medial subcutaneous branch of the 1st-9th rami posterior nervorum thoracalium, interspinal subcutaneous nervous plexus; in the deeper layer, lateral subcutaneous branch of the 1st-9th rami posterior nervorum thoracalium. [The place from **HuoYun (IV)** to **HuoMen (VIII)** is controlled by the cardiac nerve. The place from **TuYue (IX)** to **TuKe (XI)** is controlled by the splenic nerve. The place from and above **HuoJin (XXXVII)** is controlled by the pulmonary cross nerve. The place from and below **HuoJin (XXXVII)** is controlled by the pulmonary nerve (left side) and the hepatic nerve (right side). The place from and above **JinShen (XXXIX)** is controlled by the pulmonary nerve. The place from and below **JinShen (XXXIX)** is controlled by the pulmonary-

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	splenic cross nerve (left side) and the hepatic-pulmonary corss nerve (right side).]
Manipulation 手术：	Bleed them with a three edged needle. 用三棱针扎出血
Remarks 说明：	<ol style="list-style-type: none"> 1. The above points are located on the five lines on the back and on the upper portion of the body, so they are named "<i>WuLing</i>" (Five Mountain Ridges). 2. The 1st line is the spinal line. From the 2nd vertebra, each point is in the bertebraal segment. There are 10 points in total. The 2nd line is 3 <i>Cun</i> horizontally from the 1st one and there are 8 points on it. Starting from the 2nd vertebra, the 3rd line is 6 <i>Cun</i> horizontally from the 1st line. There are 7 points on it. The 1st line is a single one, but the 2nd and 3rd line distributes bilaterally. That is why there are 40 points in total. 五岭穴之第一行为脊椎线，自第二椎起，每下一椎一穴，计有十穴。第二行自第二椎旁开三寸起下一椎一穴，计有八穴，第三行自第二椎旁开六寸起每下一椎一穴，计有七穴，上述各穴除第一行位于脊椎只有一条外，第二三行左右对称排列，因此总计有四十穴 3. The 1st line is on the <i>Du</i> channel and the 2nd on the BL channel, therefore no comparison will be made between the points of the two systems. Since the action of <i>WuLing</i> (DT.04) is different from those points of the <i>Du</i> and BL channels, and due to the method of blood-letting, different names are given. 五岭穴之第一行与督脉重复，第二行与膀胱经重复，穴位不再比对说明，因系以点刺治疗，作用与督脉及膀胱经有出入，因此另立穴名 4. In treatment, it is unnecessary to needle all the 40 points simultaneously. Treatment is based on the cause of the disease, the involved individual <i>Zang</i> and <i>Fu</i> organs, and the regional anatomy. In general, mainly the bleeding method is applied. 治疗时不必四十针均针，可针对上述各病之发病原因及症状牵连脏腑，按前述解剖有关之脏腑神经解剖部位施针，完全以点刺出血为主 5. In blood-letting therapy, sterilize the point first and then press the point with either finger or handle of a needle and finally prick the point. This method gives little pain and local congestion for easy bleeding. 扎针部位应先以酒精棉花擦净，然后以手指或针柄按压穴位始可扎之
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. <i>WuLing</i> (DT.04) includes 40 points in all. All the points are named after the Five Elements. Those named after Earth act on the Spleen; those named after Fire act on the Heart; those named after Metal act on the Lung; those named after Wood act on the Liver; and those named after Water act on the Kidney. 五岭穴因针刺穴位成五行排列，且位于身体较高之背脊部位，故称五岭穴 The 1st line of points overlaps the <i>Du</i> channel. For this area, the upper 7 points pertain to Fire and the lower 3 points pertain to Earth. The 2nd line of points overlaps the lateral BL channel on the back, where the upper 5 points pertain to Metal and the lower three points pertain to Wood. The 3rd line of points are 6 <i>Cun</i> lateral to the <i>Du</i> channel, in which, the upper 3 points pertain to Metal and lower 4 points pertain to Wood. In the application, either filiform needling or bloodletting method with a little bleeding can be used according to the properties of the "Five Elements <i>WuXing</i>". 2. This group of points also includes <i>JingZhi</i> (DT.08), <i>JinLin</i> (DT.09), <i>DingZhu</i> (DT.10) and <i>GanMaoSan</i> (DT.12), the functions of which are therefore involved in those of this group of points.


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DT.05 ShuangFeng (Double Phoenix) 双凤穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Starting from HuoFeng which is 1.5 <i>Cun</i> lateral to the intervertebral space, the point line goes straight downward with one point each <i>Cun</i> known as: HuoFeng (XLIV), HuoZhu (XLV), HuoMiao (XLVI), HuoChao (XLVII), HuoZhong (XLVIII), HuoHua (XLIX), and HuoMi (XLX), (14 points in total on both sides) respectively. 从大椎骨以下第2与第3脊椎骨间，向左右横开一寸五分之火凤穴起，每下一寸一穴，其顺序为火主、火妙、火巢、火重、火花、火密七穴”右左共十四穴)</p>
<p>Indications 主治 :</p>	<p>Pain, numbness of hands and feet, arteriosclerosis of hands and feet. 手痛脚痛、手麻脚麻、手足血管硬化</p>
<p>Location of the point 取穴 :</p>	<p>See above</p>
<p>Manipulation 手术 :</p>	<p>Bloodletting is given with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>Points of the group are located on two lines. Start from the level of the 2nd thoracic vertebra and 1.5 <i>Cun</i> horizontally from it. There are 7 points on one line. Each is separated by 1 <i>Cun</i> (14 points on both lines). The bleeding method is given to the diseased side. 双凤穴顾名思义计有两行，位置为自第二椎旁开寸半起每下一寸一穴连续七穴（双偶计十四穴），点刺时以患侧为主，左病针左穴，右病针右穴</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>All the points of the group pertain to Fire and have very good effect in regulating blood circulation. They are also good for numbness and pain of hand and feet.</p>


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DT.06 JiuHou (Nine Monkeys) 九猴穴

<p>Image 附图：</p>	
<p>Location 部位：</p>	<p>Including 9 points: HuoFeng (XLIV), HuoZhu (XLV), HuoMiao (XLVI), JinTang (XXII) (2 <i>Cun</i> above JinDou), JinBei (XXIII), JinDou (XXIV), JinJi (XXV), JinZhi (XXXVII), and JinJing (XXXVIII). 包括火凤、火主、火妙、金堂（金斗上二寸）、金北、金斗、金吉、金枝、金精九穴</p>
<p>Indications 主治：</p>	<p>Scarlet Fever. 喉痧</p>
<p>Location of the point 取穴：</p>	<p>See above</p>
<p>Manipulation 手术：</p>	<p>Bloodletting is given with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明：</p>	<p>The unit of points is on 3 lines. Starting from HuoFeng (XLIV), 1.5 <i>Cun</i> horizontally lateral to the 2nd thoracic vertebra, and below HuoFeng (XLIV), there are other two points separated by 1 <i>Cun</i>. The 2nd line starts from the same place, 3 <i>Cun</i> horizontally from it. The 1st is JinTang (XXII) and there are three more below it. Each of them is separated by 1 <i>Cun</i>. The 3rd line starts from the level of the 3rd thoracic vertebra. JinZhi (XXXVII) and JinJing (XXXVIII) are located on the line, each separated by 1 <i>Cun</i>. The unit of points is especially indicated for scarlet fever. 本穴之排列共分三行，位置为第二椎旁开寸半之火凤穴起，每下一寸一穴，计有主穴（含火凤），大椎旁开三寸之金堂穴起每下一寸一穴，计有四穴（含金堂），第二椎旁开六寸之金枝及下一寸金精，计二穴，总共九穴，为治疗猴痧之要穴，故称九猴穴，可记忆为“二椎寸半连三穴，一椎旁三连四穴，二椎旁六连二穴”</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>All the nine points of the group have the function to clear the Lung and reduce Fire. It is indicated in scarlet fever.</p>


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DT.07 SanJin (Three Gold) 三金穴

Image 附图 :	
Location 部位 :	<i>JinDou</i> (XXIV), <i>JinJi</i> (XXV), and <i>JinLing</i> (XXVI). 包括金斗、金吉、金陵三穴
Indications 主治 :	Knee joint pain. 膝盖痛
Location of the point 取穴 :	3 <i>Cun</i> lateral on the BL channel outer back shoulder line; in the 3 rd , 4 th and 5 th intercostals spaces.
Manipulation 手术 :	Bloodletting is given to the diseased side. For pain of both feet, points on both sides are selected. 用三棱针出血。左痛取左穴；右痛取右穴；两脚痛则双边取穴
Remarks 说明 :	<p><i>JinDou</i> (XXIV), <i>JinJi</i> (XXV), and <i>JinLing</i> (XXVI) are located 3 <i>Cun</i> horizontally from the 3rd, 4th, and 5th thoracic vertebrae respectively; equivalent to <i>PoHu</i> (BL 42), <i>GaoHuang</i> (BL 43), and <i>ShenTang</i> (BL 44) respectively. Immediate response is seen in the treatment of knee joint pain when the bleeding method is applied to cause a little bleeding. Even chronic condition is often relieved quickly. 金斗、金吉、金陵三穴分别位于第三、四、五椎外开三寸处，相当于膀胱经之魄户、膏肓、神堂穴，点刺出血少许，治疗膝关节疼痛，确有立竿见影之效，数年大疾亦往往愈于霍然</p>
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. Pricking this point with a little bleeding has immediate effect for pain of the knee joint, even when the pain is there for years. 2. All the names of the three points start with "Jin" (Metal); they are related with the Lung [<i>PoHu</i> (BL 42)], Pericardium [<i>GaoHuang</i> (BL 43)] and Heart [<i>ShenTang</i> (BL 44)]. They strengthen the Heart and treat the knees. Using the principle "treat upper to treat lower" with a bloodletting method conforms with "selecting distal points to dredge the channel". 3. Since <i>SanJin</i> (DT.07) is related with the pericardium, it can treat knee joint pain similar to the use of <i>NeiGuan</i> (PC 6) for that purpose.

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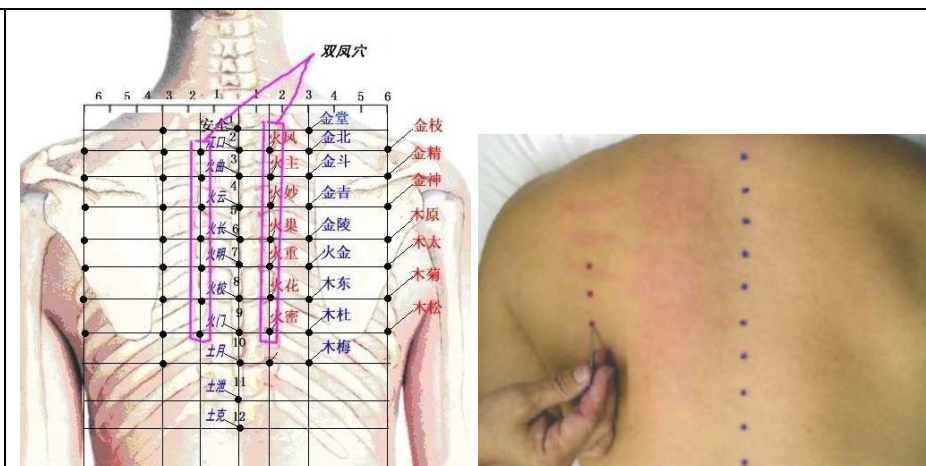
DT.08 JingZhi (Essence Branch) 精枝穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Including two points: JinJing (XXXVIII) and JinZhi (XXXVII). 包括金精、金枝两穴</p>
<p>Indications 主治 :</p>	<p>Distension and pain of legs. 小腿发胀、小腿痛</p>
<p>Location of the point 取穴 :</p>	<p>See above.</p>
<p>Manipulation 手术 :</p>	<p>Bloodletting is conducted with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>It consists of two points, namely JinJing (XXXVIII) and JinZhi (XXXVII). They are located 6 <i>Cun</i> horizontally from the 2nd and 3rd thoracic vertebrae, respectively. A quick response is seen when the bleeding method is applied to them in the treatment of leg pain or distending feeling of the leg. 精枝穴含金精、金枝两穴，分别位于第二椎及第三椎旁开六寸处，点刺出血，治疗小腿酸胀疼痛，效果极为迅速而突出</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<ol style="list-style-type: none"> 1. Point JingZhi (DT.08) includes two points: JinJing (XXXVIII) and JinZhi (XXXVII) respectively; they are located 6 <i>Cun</i> lateral to the 2nd and 3rd thoracic vertebrae. Bleeding this point may treat soreness, distension and pain of the leg with fast and excellent result. 2. The two points are located in the upper with the indications in the lower part. It conforms to the ancient principle of "selecting distal points to dredge the channel".

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DT.09 JinLin (Metal Forest) 金林穴

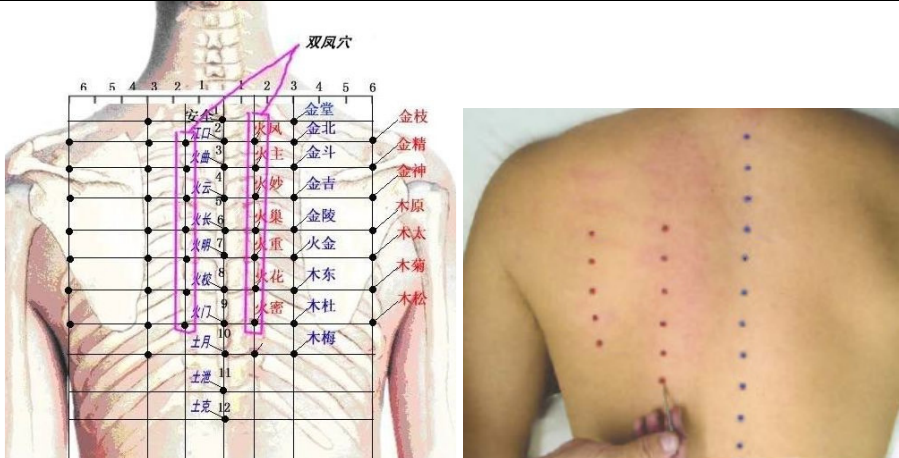
Image 附图 :



Location 部位 :	Includes JinShen (XXXIX) , MuYuan (XL) , and MuTai (XLI) . 包括金神、木原、木太三穴
Indications 主治 :	Sciatica 坐骨神经痛
Location of the point 取穴 :	6 <i>Cun</i> horizontal on the 4 th , 5 th , and 6 th thoracic intercostals spaces.
Manipulation 手术 :	Bloodletting is conducted with a three-edged needle. 用三棱针出血
Remarks 说明 :	JinShen (XXXIX) , MuYuan (XL) , and MuTai (XLI) are located 6 <i>Cun</i> horizontally from the 4 th , 5 th , and 6 th thoracic vertebrae, or right below JingZhi (DT.08) . Good effect is seen when the bleeding method is applied to the points in the treatment of thigh pain and sciatica. 金神、木原、木太三穴分别位于第四五六椎外开六寸处，亦即紧接于精枝穴下，点刺治疗大腿及坐骨神经痛确有卓效
Mechanism, Elucidation and Application: 发挥	<ol style="list-style-type: none"> 1. The three points JinShen (XXXIX), MuYuan (XL), and MuTai (XLI) are respectively located 6 <i>Cun</i> lateral to the 4th, 5th, and 6th thoracic vertebrae just below point JingZhi (DT.08). Bloodletting this point may treat pain of the thigh and sciatica effectively. 2. The three points consist of one Metal (<i>Jin</i>) and two Wood (<i>Lin</i>), named as JinLin. Bleeding this point also conforms to the ancient principle of "needling distal points to dredge the channel".


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DT.10 DingZhu (Top Pillar) 顶柱穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Points on one side namely, <i>JinJi</i> (XXV), <i>JinLing</i> (XXVI), <i>HuoJin</i> (XXVII), <i>JinShen</i> (XXXIX), <i>MuDong</i> (XXVIII), <i>MuDu</i> (XXIX), <i>MuMei</i> (XXX), <i>MuYuan</i> (XL), <i>MuTai</i> (XLI), <i>MuJu</i> (XLII), and <i>MuSong</i> (XLIII) (twenty-two points on both sides). 包括金吉、金陵、火金、金神、木东、木杜、木梅、木原、木太、木菊、木松十一穴（两边共二十二穴）</p>
<p>Indications 主治 :</p>	<p>Lower back pain, acute lumbar sprain, and chest pain on breathing. 腰痛、闪腰、岔气</p>
<p>Location of the point 取穴 :</p>	<p>See above.</p>
<p>Manipulation 手术 :</p>	<p>Bloodletting is conducted with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>It consists of 11 points on one side, and 22 points on both sides, arranged in two lines. Six points are located 3 <i>Cun</i> horizontally lateral to the 4th-9th thoracic vertebrae. The rest are located 6 <i>Cun</i> horizontally lateral to the 4th-8th thoracic vertebrae. 顶柱穴计有十一穴，两侧合计则为二十二穴，分二行排列。第四椎至第九椎每椎旁开三寸各一穴，计六穴，第四椎至第八椎每椎旁开六寸各一穴，计五穴，可记忆为“四椎旁三连六穴，四椎旁六连五穴”</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>Working as <i>JinLin</i> (DT.09), it is also indicated in pain of the thigh. According to holographic correspondence, the above points are indicated in diseases from the leg, thigh, and lower back.</p>

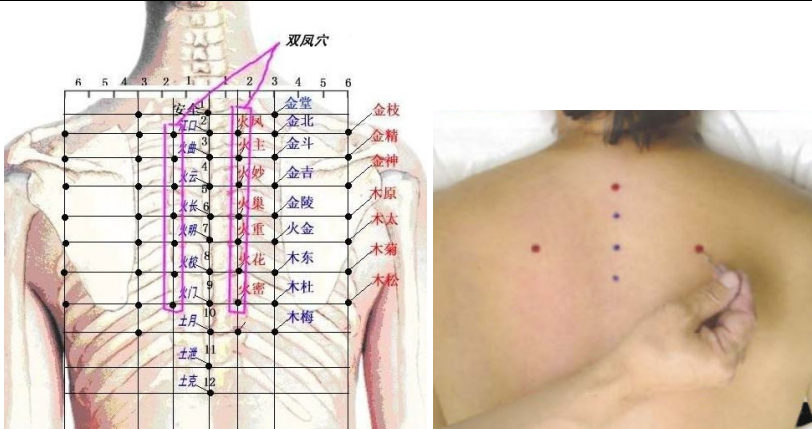
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DT.11 HouXin (Back of Heart) 后心穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Starting from the 4th thoracic vertebral articulation, named, HuoYun (IV), HuoChang (V), HuoMing (VI), HuoXiao (VII), HuoMen (VIII), TuYue (IX); those 1.5 <i>Cun</i> lateral to the thoracic vertebrae are: HuoMiao (XLVI), HuoChao (XLVII), HuoZhong (XLVIII), and HuoHua (XLIX) (8 points on both sides); and those 3 <i>Cun</i> lateral to the thoracic vertebrae are: JinJi (XXV), JinLing (XXVI), and HuoJin (XXVII) (6 points on both sides). 包括大椎骨下第四个脊椎关节处，火云、火长、火明、火校、火门、土月六穴及脊椎旁开一寸五分之火妙、火巢、火重、火花四穴（两边共八穴），与旁开三寸之金吉、金陵、火金三穴（两边共六穴）。</p>
<p>Indications 主治 :</p>	<p>Wool-like furuncles, deep-rooted boils, hypofunction of the Heart, gastric disorders, severe common cold with Cold transmitted into the interior, Wind-stroke, acute eruptive diseases. 羊毛痧、疔疮、心脏衰弱、胃病、风寒入里重感冒、中风、各种急性痧症。</p>
<p>Manipulation 手术 :</p>	<p>For wool-like furuncles, pick out the wool-like stuff from a purplish spot (or black spot in severe cases) with a three-edged needle. Bloodletting is conducted on the point in the treatment of hypofunction of the Heart, gastric disorders, and deep-rooted boils (on the limbs and face only) with a three-edged needle. 治羊毛痧（羊毛疔）时，用三棱针对着紫点（重者现黑点）将毛丝抽出，治疗疮、心脏衰弱及胃病用三棱针出血（限于四肢及面部之疔疮）。</p>
<p>Remarks 说明 :</p>	<p>The unit consists of 13 points on both sides or 26 points in total. Six points are on the 1st line starting from the 4th thoracic vertebra, and each point is separated by an intervertebral space. Four points are on the line 1.5 <i>Cun</i> lateral to the 1st line starting from the 4th thoracic vertebra to the 7th vertebra, and each point is separated by an intervertebral space. Three points are on the line 3 <i>Cun</i> lateral to the 1st line starting from the 4th thoracic vertebra to the 6th vertebra, and each point is separated by an intervertebral space. These points are really effective for the above conditions. 后心穴计有十三穴，两侧合计则为廿六穴，位置分别为 一、第一行自第四椎起（含第四椎）每下一椎一穴，计六穴。 二、第二行自第四椎至第七椎计四椎，每椎旁开一寸半各一穴，共四穴。 三、第三行自第四椎至第六椎计三椎，每椎旁开三寸各一穴，共三穴。本穴治疗上述各症确有卓效。可以如下方法记忆“四椎直下连六穴。四椎寸半连四穴，四椎旁三连三穴”</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This group of points is located on the <i>Du</i> channel and 0.5 <i>Cun</i> lateral to the <i>Du</i> channel: they pertain to Fire. They strengthen the Heart, warm <i>Yang</i> and regulate the temperature. The points pertaining to Fire strengthen the Fire, promote Earth and are therefore indicated in Stomach diseases. In addition, the point JinJi [GaoHuang (BL 43)] and JinLing [ShenTang (BL 44)] also strengthen the Heart, and are indicated in the diseases described above.</p>

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DT.12 GanMaoSan (Common Cold, 3 Points) 感冒三穴

Image 附图 :	
Location 部位 :	Including 3 points, i.e. AnQuan (I) and JinDou (XXIV) (on both sides). 包括安全、金斗（两边）三穴
Indications 主治 :	Severe common cold. 重感冒
Location of the point 取穴 :	Locate AnQuan (I) in the depression at the inferior border of the 1 st thoracic vertebra, and locate JinDou (XXIV) four fingers lateral from the 5 th thoracic vertebra. 安全穴在大椎骨下缘陷凹处, 金斗穴在大椎之下第五椎旁开四指处
Manipulation 手术 :	Quick response is found when the needle is subcutaneously punctured. 用毫针针入皮下即效
Remarks 说明 :	<ol style="list-style-type: none"> 1. AnQuan (I) is located at the site of TaoDao (Du 13) and JinDou (XXIV) at the site of PoHu (BL 42). 此处所指之安全应系指督脉之陶道而言, 金斗穴即膀胱经之魄户穴 2. Since they are most effective for common cold, the group of points is named "GanMaoSan" (Three Points for Common Cold). Better results are found when the bleeding method is applied to them with a three-edged-needle. 陶道连同两侧之魄户计三穴治感冒甚效, 故称“感冒三穴”。用三棱针点刺效更佳
Mechanism, Elucidation and Application: 发挥	Point AnQuan (I) is located on the <i>Du</i> channel which dominates all the <i>Yang</i> channels. PoHu (BL 42) is located on the BL channel which dominates the exterior and connects with the Lung. Also PoHu (BL 42) corresponds with the Lung. The three points work together to treat the common cold.

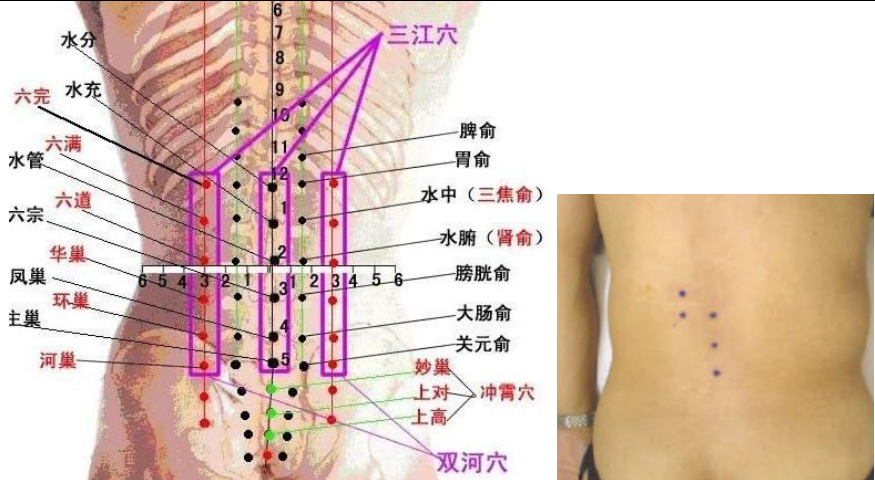
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DT.13 ShuiZhong (Water Center) 水中穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1.5 <i>Cun</i> lateral to the 1st lumbar vertebra. 在第十三椎下旁开一寸五分</p>
<p>Indications 主治 :</p>	<p>Deficiency in the Kidney, nephritis, irregular menstruation, constipation, thirst, and pain of lumbar vertebrae. 肾亏、肾脏炎、妇科经脉不调、便秘、口渴、腰脊椎骨痛</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 1.5 <i>Cun</i> lateral to the 1st lumbar vertebra. 当第十三椎下旁开一寸五分处取之</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.8-1 <i>Cun</i> deep. 针深八分至一寸</p>
<p>Remarks 说明 :</p>	<p>The point is located at the site of SanjiaoShu (BL 22). 水中穴位置与膀胱经之三焦俞位置相符</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>The point is the same as SanjiaoShu (BL 22). Since it is close to the Shen (Kidney) Shu (BL 23) and the Kidney is connected with the <i>Sanjiao</i>, it regulates the <i>Sanjiao</i> and tonifies the Kidney.</p>

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DT.14 ShuiFu (Water Bowel) 水腑穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>1.5 <i>Cun</i> lateral to the 2nd lumbar vertebra. 在第十四椎下旁开一寸五分</p>
<p>Indications 主治 :</p>	<p>Pain of the spinal vertebrae, irregular menstruation, deficiency in the Kidney, nephritis, thirst, constipation, enteritis, insomnia, impotence, premature ejaculation, headache, diabetes, acute lumbar sprain, pain in the chest on breathing, dizziness, blurred vision, lower back pain and soreness, acute nephritis, vesical calculus, retention of urine, and retention of dead fetus. 脊椎骨痛及弯曲困难、妇女经脉不调、肾虚、肾脏炎、口渴、便秘、肠炎、失眠、阳萎、早泄、头痛、糖尿病、闪腰、岔气、头晕眼花、腰酸背痛、急性肾炎、膀胱结石、小便不通、死胎不下。</p>
<p>Location of the point 取穴 :</p>	<p>Locate the point 1.5 <i>Cun</i> lateral to the 2nd lumbar vertebra. 当第十四脊椎下旁开一寸五分处是穴</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.8-1 <i>Cun</i> deep. 针深八分至一寸</p>
<p>Remarks 说明 :</p>	<p>The point is located at the site of ShenShu (BL 23). 水腑穴位置与膀胱经之肾俞位置相符</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>It is the point ShenShu (BL 23) and tonifies the Kidney. It is indicated in diseases due to Kidney deficiency.</p>

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DT.15 SanJiang (Three Rivers) 三江穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Seven points starting from the inferior border of the 1st lumbar vertebra, namely FenXian (XII), ShuiFen (XIII), ShuiKe (XIV), ShuiGuan (XV), LiuZong (XVI), FengChao (XVII), ZhuChao (XVIII); the other 12 points being on the left and right lines lateral to the inferior border of 2nd lumbar vertebra, namely LiuYuan (XXXI), LiuMan (XXXII), LiuDao (XXXIII), HuaChao (XXXIV), HuanChao (XXXV), and HeChao (XXXVI) (12 points in total on both sides.) 包括第十三椎下之分线穴起，每下一节一穴，其顺序为水分、水克、水管、六宗、风巢、主巢七穴及十四椎下旁开四指之六元、六满、六道、华巢、环巢、河巢六穴（两边共十二穴）。</p>
<p>Indications 主治 :</p>	<p>Amenorrhea, metritis, enteritis, acute lumbar sprain, pain in the chest on breathing, and acute enteritis. 经闭、子宫炎、肠炎、闪腰、岔气，急性肠炎</p>
<p>Location of the point 取穴 :</p>	<p>See above 详上述部位</p>
<p>Manipulation 手术 :</p>	<p>Bleed the points with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>It includes ShuangHe (DT.16) and the other seven points starting from the 1st lumbar vertebra, separated by intervertebral spaces. All the points are on the three lines, that is why they are called "SanJiang" ("Three Rivers"). In addition to the above curative effect, ShuangHe (DT.16)'s function is included. 三江穴包含两侧之双河穴及中央十三椎下每下一椎一穴之连续七穴。计有三行，故称为三江穴，除治疗上述症状外，亦含有双河穴之疗效，可记为“十三椎下连七穴，十四旁三连六穴”</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>The point is indicated mainly in local diseases. However, since the point ShuangHe (DT.16) is included, it is also indicated in pain of the arm, shoulder and back.</p>

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DT.16 *ShuangHe* (Paired Rivers) 双河穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Including 12 points on both sides, namely <i>LiuYuan</i> (XXXI), <i>LiuMan</i> (XXXII), <i>LiuDao</i> (XXXIII), <i>HuaChao</i> (XXXIV), <i>HuanChao</i> (XXXV), and <i>HeChao</i> (XXXVI) (12 points in total on both sides.) 包括第十四椎下之六元、六满、六道、华巢、环巢、河巢穴 (两边共十二穴)。</p>
<p>Indications 主治 :</p>	<p>Pain of hands and arms, shoulder and back. 手臂痛、肩背痛。</p>
<p>Location of the point 取穴 :</p>	<p>See above 详上述部位</p>
<p>Manipulation 手术 :</p>	<p>Bleed the points with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>When dark blood is seen, it is effective. However, bright red blood indicates ineffectiveness. 出黑血有效, 出红血无效。 <i>ShuangHe</i> (DT.16) is on two lines. The 1st line starts from the place 3 <i>Cun</i> lateral to the 2nd lumbar vertebra, on which 6 points are located in a space of 1 <i>Cun</i> for each. On both sides there are 12 points in total. Their location are on the BL channel. 双河穴亦为两行, 位置为自第十四椎旁开三寸起, 每下一椎旁开三寸各一穴, 计六穴, 两侧合计十二穴, 其位置分布与膀胱经符合, 记为 “十四旁三连穴”</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>Master Tung selected the points on the back to treat diseases of the lower limbs and those on the lower back and buttocks to treat diseases of the upper limbs, demonstrating the principles of needling the distal points to dredge the channel, and the holographic model.</p>

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DT.17 ChongXiao (Thousand Heaven) 冲霄穴

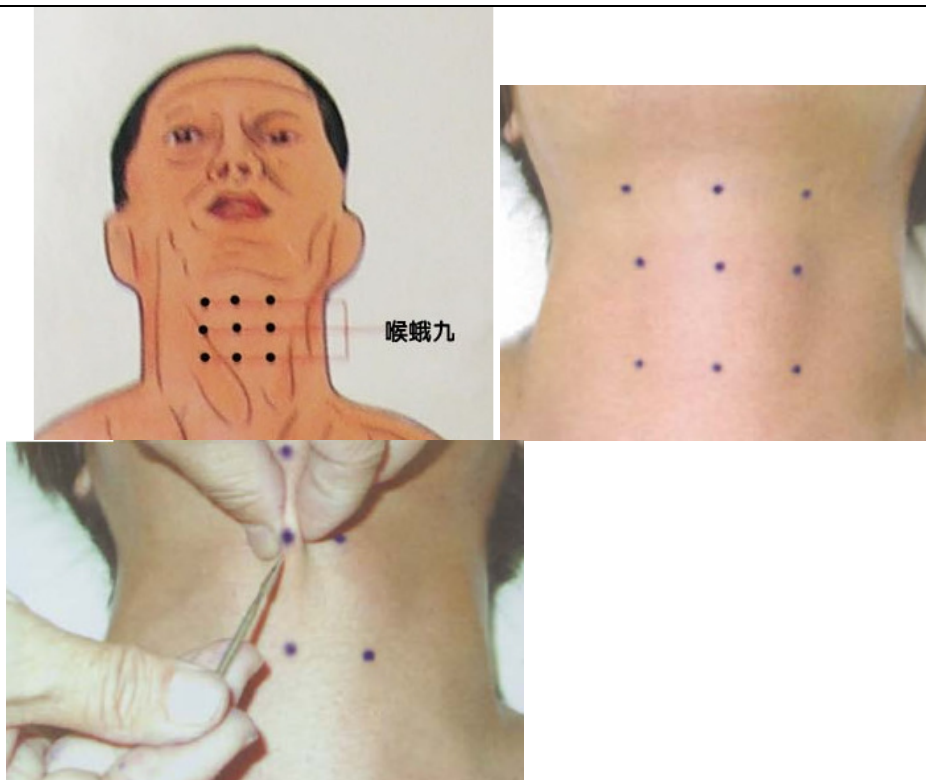
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>Including 3 points: MiaoChao (XIX) below the 3rd sacral vertebra, ShangDui (XX) below the 4th sacral vertebra, and ShangGao (XXI), 1 <i>Cun</i> below ShangDui (XX) 包括第二十椎下之妙巢穴, 二十一椎下之上对穴及上对穴下之一寸之上高穴, 共三穴</p>
<p>Indications 主治 :</p>	<p>Cerebellar pain, cerebellar distention, and distending pain in the center of the nape. 小脑痛、小脑发胀、项骨正中胀痛</p>
<p>Location of the point 取穴 :</p>	<p>See above 详上述部位</p>
<p>Manipulation 手术 :</p>	<p>Bleed the points with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>This point is most effective for pain in the back of the head (occipital headache). 冲霄穴治疗上述各症及后头痛, 确具卓效。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>The head corresponds to the sacral area. Point HouHui (1010.06) can be needled to treat diseases in the region of this point and vice versa.</p>

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Chapter 12 - Points of the Chest (VT.00) 第十二章◎前胸部位

VT.01 *Huo E Jiu* (Throat Moth) 喉蛾九穴

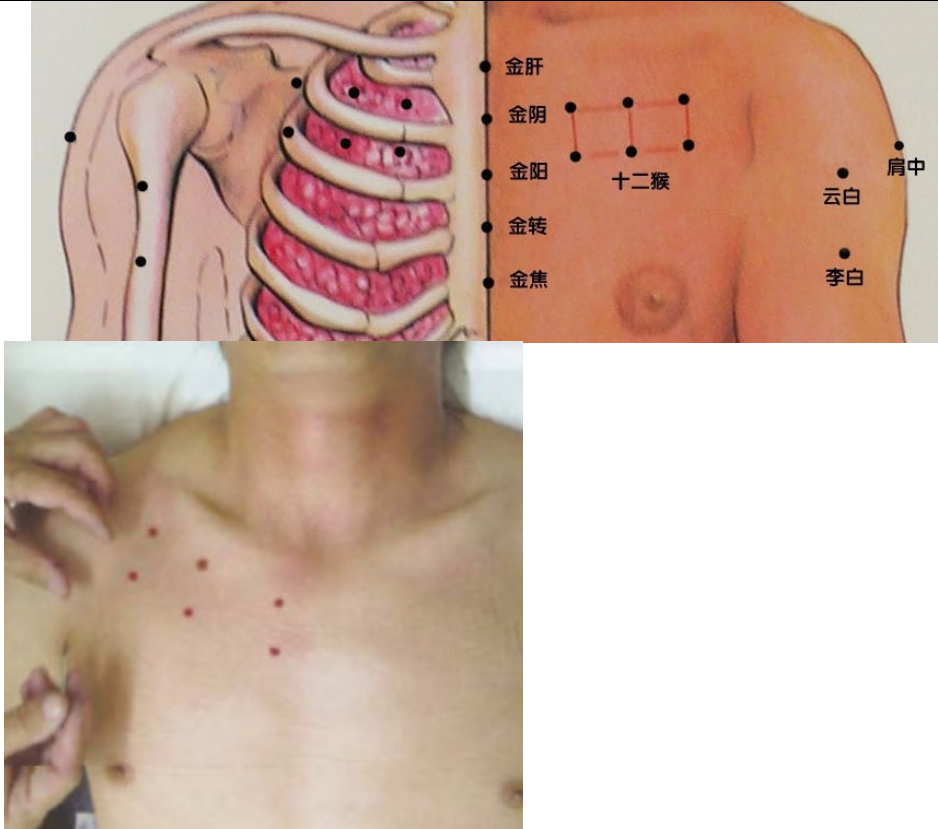
Image 附图：



Location 部位：	The central point is at the Adam's apple, the 2 nd - 1 <i>Cun</i> and the 3 rd - 1 <i>Cun</i> below. The other 6 points are located 1.5 <i>Cun</i> lateral to the first three, respectively. In total, there are 9 points. 在喉结及其上一寸与下一寸五分处，另加该三处各左右旁开一寸五分处，共九穴。
Indications 主治：	Tonsillitis, sore throat, thyroiditis, itchy throat, retention of phlegm in the throat with dyspnea (similar to asthma). 喉蛾、喉痛、甲状腺炎、喉痒、痰塞喉管不出（呼吸困难，其状如哮喘）。
Manipulation 手术：	Bleed the points with a three-edged needle. 用三棱针放血
Remarks 说明：	When bleeding, lift the skin around the point to avoid injury to the tendon and cartilage. These points can be used to treat tonsillitis and diphtheria. There are 9 points in total; thus, they are named <i>Huo E Jiu</i> ("Nine"). 扎针时需将穴部皮肉捏起，以免扎伤筋及软骨 喉蛾九穴因治喉蛾（白喉），并且有九穴而得名
Mechanism, Elucidation and Application: 发挥	It is indicated in local diseases, mainly the acute conditions. Blood-letting method with shallow insertion may have safe and fast therapeutic effect.

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VT.02 ShiErHou (Twelve Monkeys) 十二猴穴

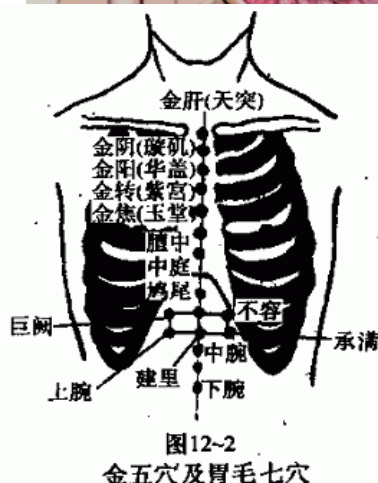
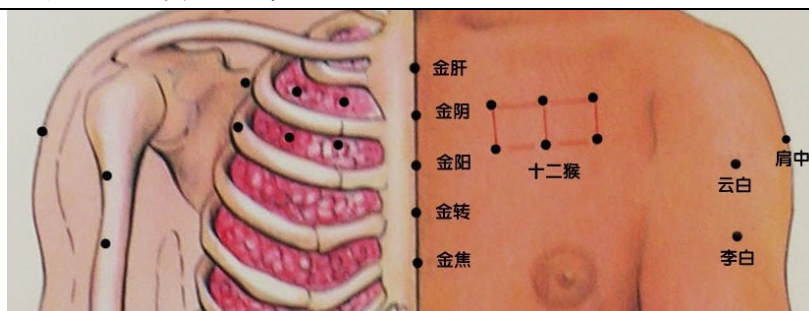
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>The first 3 points are on the line 1.3 <i>Cun</i> inferior and parallel to the clavicle; and another 3 are 1.5 <i>Cun</i> below the first ones. There are 12 points in total on both sides. 平行锁骨下一寸三分处共三穴，再下一寸五分处又三穴，两边总共十二穴</p>
<p>Indications 主治 :</p>	<p>Scarlet fever, asthma, and dry cholera. (Scarlet fever could be caused by severe common cold and cholera). 喉痧（猩红热）、血管硬化之哮喘、肝霍乱、下痢不止。（伤寒、重感冒、霍乱均会喉痧）</p>
<p>Manipulation 手术 :</p>	<p>Bleed the points with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>They are thus named as "<i>Shi Er</i> (Twelve) <i>Hou</i> (Monkey)" because there are twelve in all and they treat scarlet fever (Red Monkey disease). 十二猴穴因治猴痧（猩红热），并且有十二穴而得名</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>It is indicated in acute and severe diseases. Blood-letting method with shallow insertion may have safe and fast therapeutic effect.</p>

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VT.03 JinWu (Metal Five) 金五穴

其顺序为金阴、金阳、金转、金焦

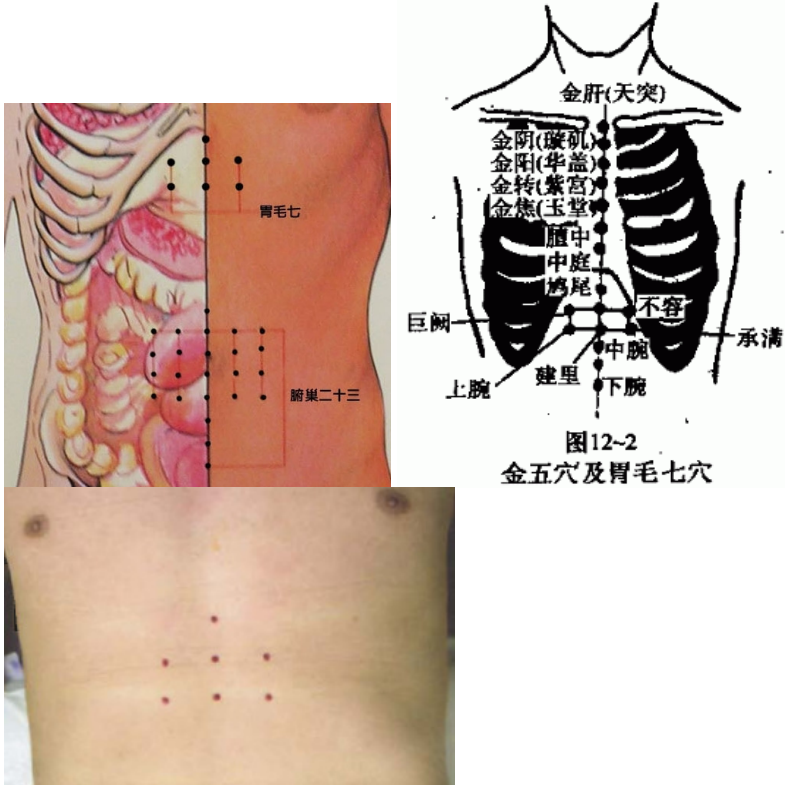
Image 附图：



Location 部位：	The 1 st one <i>JinGan</i> (VT.03-1) is at the center of the suprasternal fossa. Then in each segment below, there is a point; namely, <i>JinYin</i> (VT.03-2), <i>JinYang</i> (VT.03-3), <i>JinZhuan</i> (VT.03-4) and <i>JinJiao</i> (VT.03-5). 在胸骨上端半月状之下陷凹处为金肝穴，每下一节为一穴，其顺序为金阴、金阳、金转、金焦共五穴
Indications 主治：	Dry cholera, indigestion (distending feeling of the stomach), hypochondriac pain, obstruction of respiration, and various exanthematous diseases. 肝霍乱、消化不良（胃胀）、肋痛、气管不顺、各种痧症
Manipulation 手术：	Bleed the points with a three-edged needle. 用三棱针出血
Remarks 说明：	<i>JinGan</i> (VT.03-1) is located at the site of <i>TianTu</i> (Ren 22); and the others, <i>JinYin</i> (VT.03-2), <i>JinYang</i> (VT.03-3), <i>JinZhuan</i> (VT.03-4) and <i>JinJiao</i> (VT.03-5) are located at the site of <i>XuangJi</i> (Ren 21), <i>HuaGai</i> (Ren 20), <i>ZiGong</i> (Ren 19), and <i>YuTang</i> (Ren 18), respectively. 金五穴之金肝穴即任脉之天突穴，其下之金阴、金阳、金转、金焦四穴亦即任脉璇玑、华盖、紫宫、玉堂等穴
Mechanism, Elucidation and Application: 发挥	It is indicated in local diseases and bloodletting method is mainly used in case of acute and severe conditions.

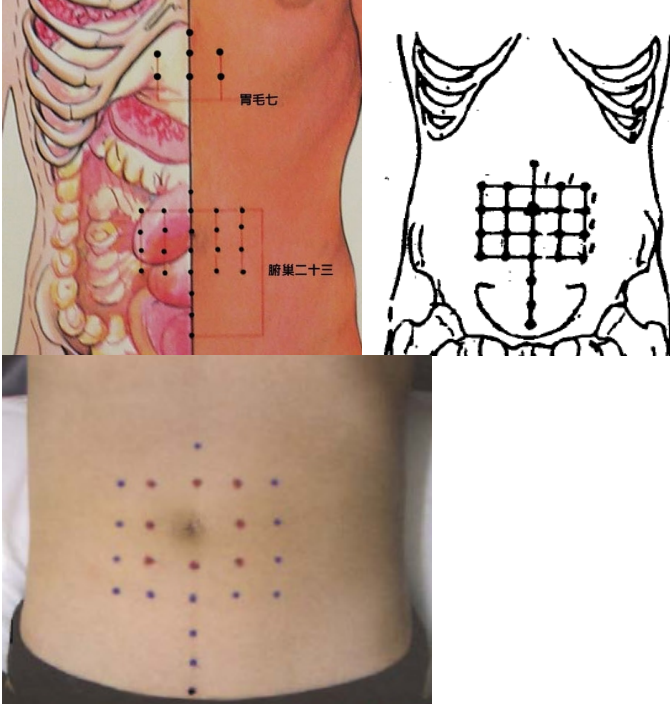
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VT.04 WeiMaoQi (Stomach Hair, Seven Point) 胃毛七穴

<p>Image 附图 :</p>	 <p style="text-align: center;">图12-2 金五穴及胃毛七穴</p>
<p>Location 部位 :</p>	<p>The 1st point is located 1 <i>Cun</i> below the lower border of the xiphoid process; and the 2nd is 1 <i>Cun</i> below the 1st; and the 3rd is 1 <i>Cun</i> below the 2nd. The other 2 points are 1.5 <i>Cun</i> lateral to them (four points on both sides). 从岐骨下缘陷凹处起，直下一寸一穴，共三穴。旁开一寸五分各两穴（两边四穴）</p>
<p>Indications 主治 :</p>	<p>Wool-like furuncle, stomach disorders, various cholera, palpitations, and stomach hemorrhage. 羊毛痧、胃病、各种霍乱、心跳、胃出血</p>
<p>Location of the point 取穴 :</p>	<p>See above. 详上述部位</p>
<p>Manipulation 手术 :</p>	<p>Bleed the points with a three-edged needle. In the treatment of wool-like furuncle, the wool-like stuff is removed first. 用三棱针出血。治羊毛痧则需抽出毛丝</p>
<p>Remarks 说明 :</p>	<p>The first 3 of the group are located at the site of JieWei (Ren 15), JuQue (Ren 14), and ShangWan (Ren 13); and the 2nd two, at the site of BuRong (ST 19) and ChengMan (ST 20) (four points on both sides), each of which is 0.5 <i>Cun</i> medial to the former. Because they are in the vicinity of the stomach, they are indicated for gastric problems. 据《董氏奇针灸发挥》，胃毛七穴部位之旁开“一寸五分”应为“二寸”方为正确 因此胃毛七穴之位置应系鸠尾、巨阙、上脘（以上三穴属任脉）及两旁之不容、承满（属胃经）内侧各五分一穴，两侧计四穴，总共七穴，位于胃部附近，并以治胃病为主，故称胃毛七穴。</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>WeiMaoQi (VT.04) is indicated in acute and severe diseases. In treatment, local bloodletting with shallow insertion has safe and fast effect.</p>

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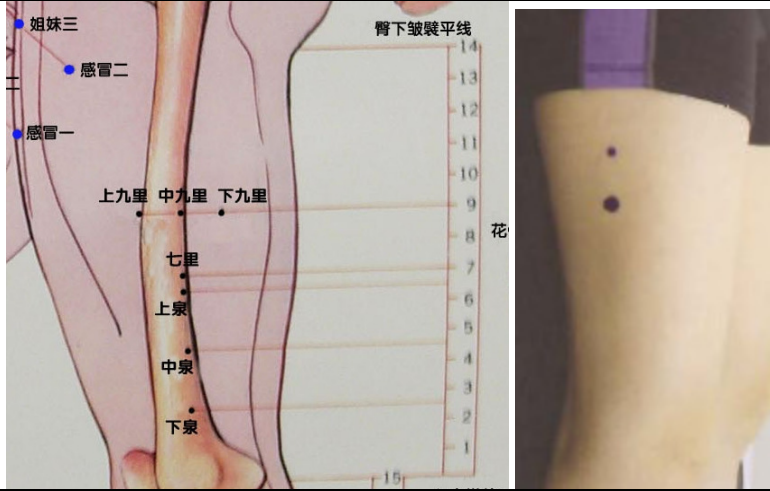
VT.05 FuChaoErShiSan (Bowel Nest Twenty Three) 腑巢二十三穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>The 1st point is 1 <i>Cun</i> above the navel and the 2nd one is 1 <i>Cun</i> above the 1st one. Five points are below the navel on the same straight vertical line; and the space between each point is 1 <i>Cun</i>. Another one is 1 <i>Cun</i> lateral to the navel; and there is one point 1 <i>Cun</i> above it and two points below it is separated by 1 <i>Cun</i> (8 points in total on both sides). Another point is 2 <i>Cun</i> lateral to the navel; and there is one point 1 <i>Cun</i> above it, and two points below it separated by 1 <i>Cun</i> (8 points in total on both sides). In all, there are 23 points. 肚脐直上一寸一穴共二穴，肚脐每下一寸一穴共五穴，肚脐旁开一寸一穴，其上一穴，其下二穴（共四穴，两边共八穴），肚脐旁开两寸一穴，其上一穴，其下二穴（共四穴，两边共八穴），总共二十三穴</p>
<p>Indications 主治 :</p>	<p>Enteritis, metritis, nephritis, renal pain, and navel area pain. 肠炎、子宫炎、肾炎、肾痛、脐痛</p>
<p>Location of the point 取穴 :</p>	<p>See above. 详上述部位</p>
<p>Manipulation 手术 :</p>	<p>Bleed the points with a three-edged needle. 用三棱针出血</p>
<p>Remarks 说明 :</p>	<p>Although the group is composed of 23 points, not everyone is selected. Usually, point 1 <i>Cun</i> above, below, lateral to, and medial to the navel are selected. Only for severe conditions other points are selected. 腹巢二十三穴虽有二十三穴之多，但并不每穴皆用，在精穴简针原则下，一般只针以肚脐为中心，四旁各开一寸之穴位为主，随病情之严重而向四方扩张用穴</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>It is indicated in local diseases, and has fast effect in acute cases. It is also effective for chronic conditions.</p>

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Chapter 13 - Points of Addendum (A.00)

A.01 QiLi (Seven Miles) 七里穴

Image 附图 :	 <p>The diagram illustrates the location of QiLi (A.01) on the lateral side of the leg, 2 cun below ZhongJiuLi (88.25). The point is marked on the leg, and the photograph shows the point marked on a person's leg.</p>
Location 部位 :	It is 2 <i>Cun</i> below ZhongJiuLi (88.25) .
Indications 主治 :	Back pain, lower back pain, bone spur of lumbar vertebrae (lumbar disc hernia), vertical vertebrae, neck pain, dizziness and vertigo, numbness of arm, leg pain, weakness of leg, cholecystitis and hypochondriac pain.
Manipulation 手术 :	Insert the needle 1-2 <i>Cun</i> deep.
Mechanism, Elucidation and Application: 发挥	QiLi (A.01) is 2 <i>Cun</i> below ZhongJiuLi (88.25) [FengShi (GB 31)] of the Gallbladder channel. "All eleven viscera and bowels <i>ZangFu</i> are related to the Gallbladder." In addition to the above indications, this point is often combined with ZhongJiuLi (88.25) as <i>DaoMa</i> (Coupling) technique to enhance sedation and therapeutic effects. It is indicated in various kinds of pain of the whole body, especially pain on the lateral side. Best effects are obtained if combined with ZhongJiuLi (88.25) . The coupling points are often used to treat hemiplegia with good results.

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A.02 SanChaYi (Three Jam, One) 三叉一

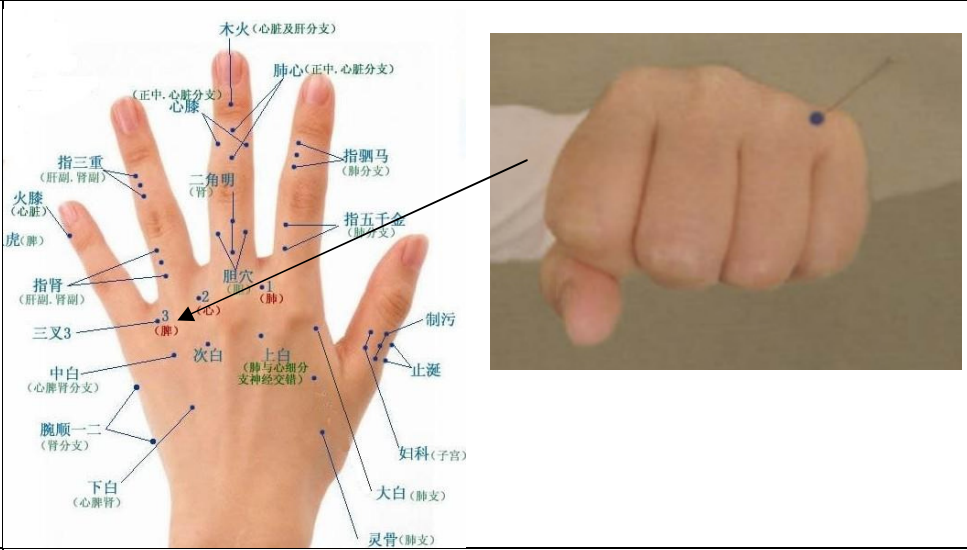
<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>SanChaYi (A.02) is located at the junction of the 2nd and 3rd phalanges, on the dorsum of the hand. Select the point when making a fist.</p>
<p>Indications 主治 :</p>	<p>Shoulder pain, backache, neck pain, lower back pain, hypochondriac pain, stomachache, irregular menstruation, and metrorrhagia. It can also regulate and strengthen Lung <i>Qi</i>.</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep.</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>The point is located between the index and middle fingers, and is therefore related to the LI channel (hand-<i>YangMing</i>) and Pericardium (hand-<i>JueYin</i>) channel. Since the Large Intestine is externally-internally related to the Lung, it is able to boost the Lung <i>Qi</i> and treat pain of the neck, shoulder, lumbus and back. This employs the relationship between hand and foot-<i>JueYin</i> channels and the hand the foot-<i>YangMing</i> channels, that is LI and Liver channels. They also influence the Lung Function of dominating <i>Qi</i> and the Liver in storing blood; it is therefore indicated in hypochondriac pain, irregular menstruation and metrorrhagia.</p>

A.03 SanChaEr (Three Jam, Two) 三叉二

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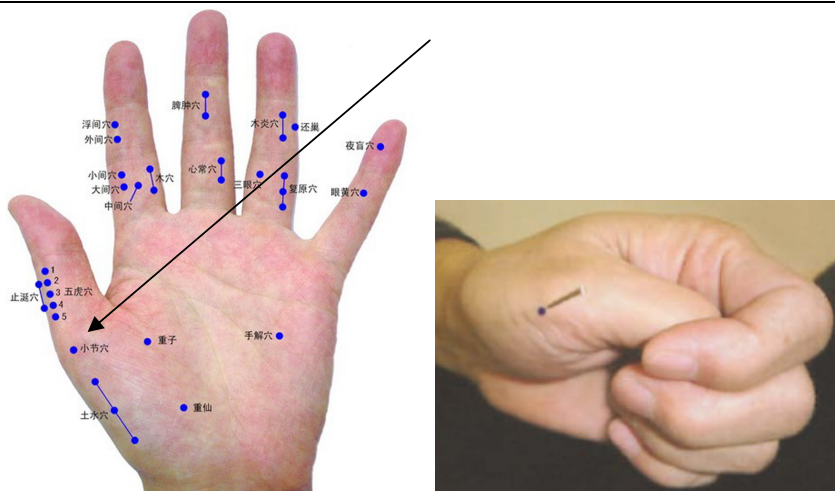
A.04 SanChasSan (Three Jam, Three) 三叉三

<p>Image 附图 :</p>	 <p>The diagram illustrates the SanChasSan point (三叉三) on the back of the hand, located at the junction of the 4th and 5th phalanges. It also shows other points like ZhongBai (22.06), ZhongZhu (SJ 3), and XiaBai (22.07). The photograph shows a hand with a needle inserted at the SanChasSan point.</p>
<p>Location 部位 :</p>	<p>It is located at the junction of the 4th and 5th phalanges, on the dorsum of the hand. Select the point when making a fist.</p>
<p>Indications 主治 :</p>	<p>Common cold, headache, shoulder pain, diseases of the five sense organs, sore throat, tinnitus, palpitation, redness, swelling and pain of the eyes, urticaria, leg pain, drop or heaviness of eyelids, fatigue, and myasthenia gravis. It also strengthens the Spleen and the Kidney.</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 1-1.5 <i>Cun</i> deep.</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>The point is located between the ring and closer to the small fingers, needling this point alongside the bone and the tendon below the bone treats both the Liver and Kidney. Since the needle may reach the <i>Shu</i>-stream and <i>Yuan</i>-source points ZhongBai (22.06), ZhongZhu (SJ 3) and XiaBai (22.07), it also strengthens the Spleen and supplements <i>Qi</i>. This point is on the SJ channel, and with the connection of the Kidney and <i>SanJiao</i>, it can tonify the Kidney. It is indicated in all diseases of the Spleen, Liver and Kidney and improves immune function.</p>

A Study on Tung's Acupuncture

A.05 Xiaojie (Small Joint) 小节穴

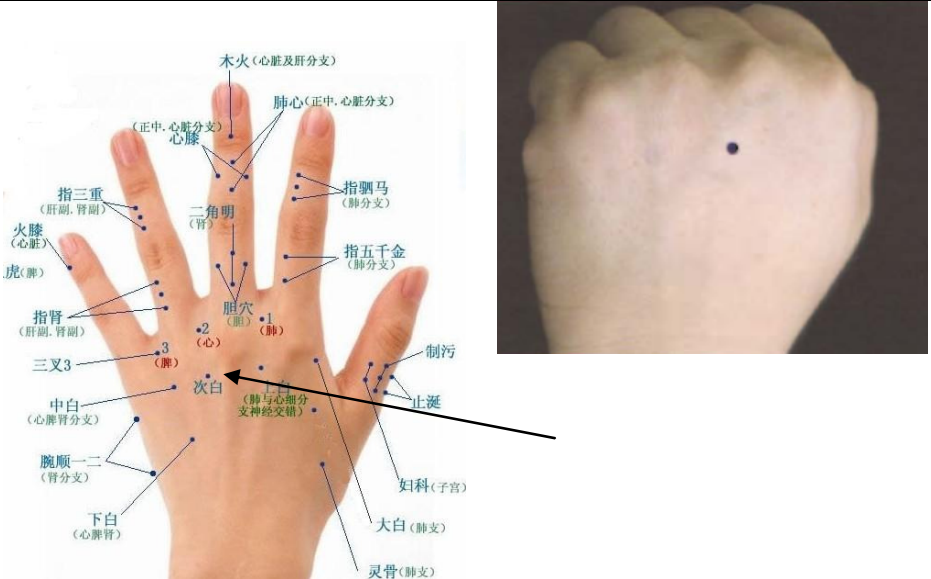
Image 附图 :



Location 部位 :	Xiaojie (A.05) is located on the Lung channel, at the side of the first metacarpal bone and at the junction of the white and red skin. Select the point when making a fist with the thumb flexed.
Indications 主治 :	It has special effect for ankle sprain. It is also indicated in neck pain, shoulder pain, backache, lower back pain, sciatica, chest pain, stomachache, chronic diarrhea and pain of the wrist and elbow.
Manipulation 手术 :	Insert the needle 1-1.5 <i>Cun</i> deep.
Mechanism, Elucidation and Application: 发挥	The effect of this point for pain and sprain of the ankle is first based upon the holographic correspondence, and second the close relation between the medial malleolus and the Spleen and that between the lateral malleolus and the Bladder channel. This point is located on the Lung channel. With the connection of hand- <i>TaiYin</i> and foot- <i>TaiYang</i> channels, and that between the Lung and Urinary Bladder, it is very effective for pain of both medial and lateral malleolus. It is also useful for pain of the neck, shoulder, chest, lumbus and back, and sciatica that are related to the Lung and Urinary Bladder. Since it is connected with the Spleen and close to TuShui (22.11) , it is indicated in loose stool. Finally, it is close to ChongZi (22.01) and ChongXian (22.02) , and it can treat pain of the elbow, wrist and palm.

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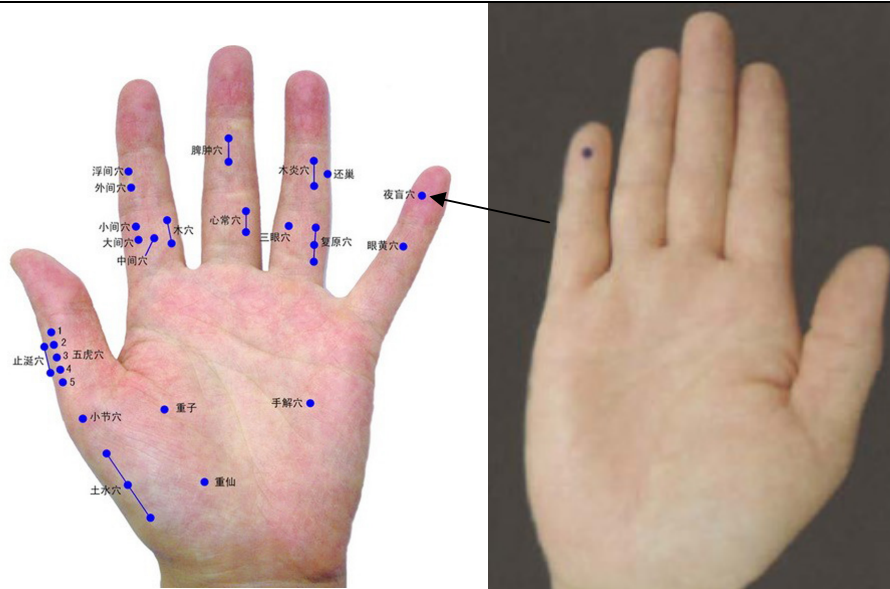
A.06 CiBai (Sequence White) 次白穴

<p>Image 附图 :</p>	
<p>Location 部位 :</p>	<p>It is on the dorsum side of the hand, 0.5 <i>Cun</i> posterior to the junction of the 3rd and 4th phalanges [levels with ZhongZhu (SJ 3)]. Select the point when making a fist.</p>
<p>Indications 主治 :</p>	<p>Soreness, pain and distension of the leg, headache and pain of the back and lumbus.</p>
<p>Manipulation 手术 :</p>	<p>Insert the needle 0.5 <i>Cun</i> deep.</p>
<p>Mechanism, Elucidation and Application: 发挥</p>	<p>This point is located between the Pericardium and <i>SanJiao</i> channels, and has the function to strengthen the Heart, treat pain of the leg and knee, and regulate <i>SanJiao</i> to cure headache and pain of the lumbus and back.</p>

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A.07 YeMang (Night Blindness) 夜盲穴

Image 附图 :



Location 部位 :	It is located on the midpoint of the 3 rd palmar interphalangeal crease of the small finger.
Indications 主治 :	Night blindness.
Manipulation 手术 :	Insert the needle 0.2 <i>Cun</i> deep.
Mechanism, Elucidation and Application: 发挥	The point is located on the Heart channel on the small finger, and the Heart has the connection with the Gallbladder, it has therefore the function to promote vision. Besides, the small finger is closely related to the Kidney, and the point has therefore the function to supplement the Kidney. That is why the point is indicated in night blindness.

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